



REAL SIMPLE

LIFE MADE EASIER

EVERYTHING
FALL
BAKING

Make-Ahead THANKSGIVING

39 Easy Recipes & Shortcuts

NOVEMBER 2021

FOR PEOPLE WHO COULD
USE A TRIPLE LIFT



© J&JCI 2021 *percentage of subjects noticing an improvement with twice daily use

NEW RAPID FIRMING

90% SAW VISIBLY FIRMER SKIN IN 4 WEEKS

Neutrogena

FOR PEOPLE WITH SKIN™

LEARN MORE



MAKE-AHEAD THANKSGIVING

NOVEMBER



“Gastronomy is and always has been connected
with its sister art of love.”

M.F.K. FISHER, *AN ALPHABET FOR GOURMETS*

PROP STYLING BY CLAIRE SPOLLEN. NATURAL CONFETTI GLASS VASE, \$190, AND NATURAL DINNER PLATE, \$144 FOR 4; MISETTETABLE.COM. SIN CERAMIC COIL NAPKIN RING IN SPECKLE, \$56 FOR 4; FOOD52.COM

CONTENTS



106



94

84

BE AN EARLY BIRD

Prepare the entire Thanksgiving meal in advance so you can relax and enjoy the big day

94

CRAFTING A COMMUNITY

Stories of bonding through the arts—and how to form a creative club of your own

100

YOU CAN ARRANGE SOMETHING

Gorgeous gourd centerpieces that are fun and easy to make

106

PERFECTED PALETTES

Whatever look you're going for, we found the one-and-done makeup kit for you

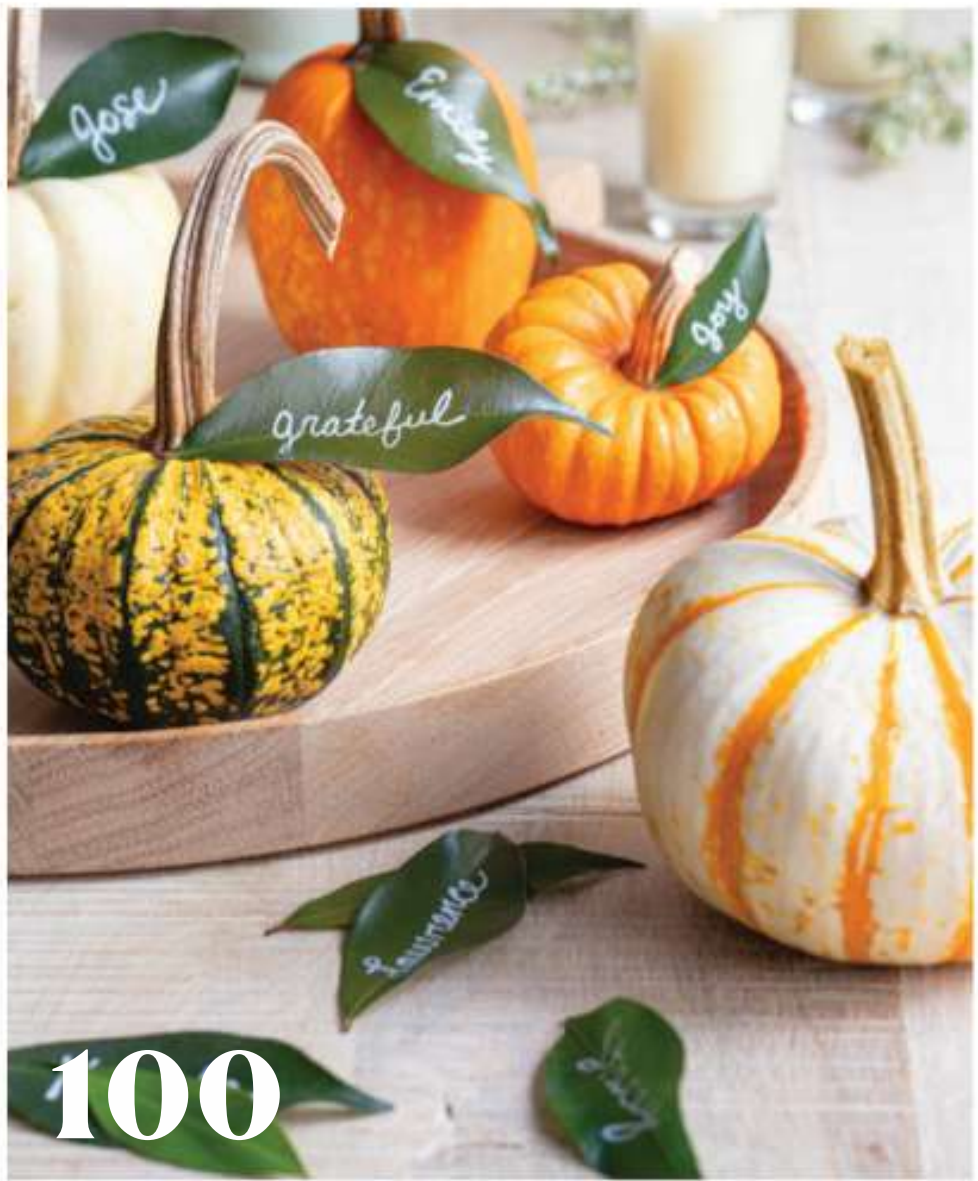
ON THE COVER



10, 24, 29, 39, 40, 84, 100
39 Easy Thanksgiving Recipes & Shortcuts

15, 29, 34
Everything Fall Baking

TO BUY: Ceramic Platter and Serving Bowl; indigoroadstudio.com for info. Compendio Carving Set in Ice Lucite, \$240; didriks.com. Napkin; minna-goods.com for similar. Natural Confetti Glass Vase, \$190, and Glass Pitcher; misettetable.com for info.



100

Whatever the reason,
Pinot's in season.



*Ridiculously
Food-friendly Wines*



CONTENTS



122



21



72

delights

15 We're Loving

Baking supplies that beautify your sweets and kitchen

18 The Books List

Some favorite new releases for every literary taste

21 Genius Beauty

A superfood moisturizer and more brilliant buys

24 Clever Items

Little helpers to make your life easier

26 My Simple Realization

Xochitl Gonzalez learns what makes a home truly comfortable

29 Sweet Stuff

Orange clove cheesecake without the fuss

32 Space of the Month

Bold floral wallpaper livens up a small dining space

34 Cook These Books

Inspiring new cookbooks our food editors love

guides

39 Simple Twist

Chill your punch bowl with a pretty ice ring

40 Things Cooks Know

How to host a potluck

44 Road Test: Fashion

Stylish gloves that keep fingers toasty

46 Healthy at Home

Test your immunity IQ and learn wellness-boosting habits

50 Spotless

An easy guide to kickin' ash and cleaning your fireplace

52 The Power of Less

Cut out the waste from takeout orders

54 10-Minute Organizer

Pare down and tidy up your kitchen utensil drawer

56 Money

Find out which financial pro can help you the most

60 Road Test: Beauty

Powerful serums for any complexion concern

64 Pets

Hire the best caregiver for your cat or dog

lives

67 5 Perspectives

Joyful and enriching ways to express gratitude

70 Modern Manners

Unstinting etiquette advice from Catherine Newman

72 Family

Set boundaries without hurting your loved ones' feelings

77 The Helpful Mind

Experts offer tricks to stop overthinking

81 First Person

After a cancer diagnosis, Caroline Wright found strength in community

food

115 In Season

Autumn salads are brighter with radicchio

116 Easy Dinners

Fresh, family-friendly meals

122 Better for You

Sweet potato buttermilk pancakes

6 Editor's Note 10 REAL SIMPLE Everywhere

12 Your Words 128 Breathe

REAL SIMPLE (ISSN 1528-1701) (NOVEMBER 2021) (VOLUME 22/ISSUE 11) IS PUBLISHED MONTHLY BY TI GOTHAM INC. TI GOTHAM INC. IS A WHOLLY OWNED SUBSIDIARY OF MEREDITH CORPORATION. PRINCIPAL OFFICE: 225 LIBERTY ST., NEW YORK, NY 10281-1008. PERIODICALS POSTAGE PAID AT NEW YORK, NY, AND ADDITIONAL MAILING OFFICES. POSTMASTER: SEND ALL UAA TO CFS (SEE DMM 507.1.5.2); NONPOSTAL AND MILITARY FACILITIES: SEND ADDRESS CORRECTIONS TO REAL SIMPLE MAGAZINE, PO BOX 37508, BOONE, IA 50037-0508. CANADA POST PUBLICATIONS MAIL AGREEMENT #40069223. BN# 13200211RT001. © ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. CUSTOMER SERVICE AND SUBSCRIPTIONS: FOR 24/7 SERVICE, PLEASE USE OUR WEBSITE: REALSIMPLE.COM/MYACCOUNT. YOU CAN ALSO CALL 1-800-881-1172 OR WRITE REAL SIMPLE, PO BOX 37508, BOONE, IA 50037-0508. REPRODUCTION IN WHOLE OR IN PART WITHOUT WRITTEN PERMISSION IS STRICTLY PROHIBITED. YOUR BANK MAY PROVIDE UPDATES TO THE CARD INFORMATION WE HAVE ON FILE. YOU MAY OPT OUT OF THIS SERVICE AT ANY TIME. FOR SYNDICATION OR INTERNATIONAL LICENSING REQUESTS OR REPRINT AND REUSE PERMISSION, EMAIL SYNDICATION@MEREDITH.COM.



GET ALMOST 100 HOURS MORE **PROVEN QUALITY SLEEP** PER YEAR*

Quality sleep is proven to help boost energy, recovery and improve wellbeing.

That's why we created the Sleep Number 360® smart bed for the best sleep in the world.

Designed to help you fall asleep faster and make a life-changing difference to your health and wellness.



Adjustable comfort
on each side



Automatically senses
and responds to you



Personalized insights
for even better sleep



15-Year Limited
Warranty†



100-Night
Trial‡

sleep  number®



SCAN TO TAKE OUR BED QUIZ

*100 hours more proven quality sleep based on internal analysis of sleep sessions assessing sleepers who use multiple features of Sleep Number® products. Claim based on sleepers achieving over 15 more minutes of restful sleep per sleep session. Pictures may represent features and options available at additional cost. †Limited warranty available at sleepnumber.com. ‡Restrictions and exclusions apply. Does not apply to adjustable bases, upholstered furniture, closeout/clearance or demo/floor model purchases or mattresses already exchanged under another In-Home Trial period. You pay return shipping. Refunds will be made to the original method of payment less original shipping/delivery fees. Visit sleepnumber.com for complete details. SLEEP NUMBER, SLEEP IQ, SLEEP NUMBER 360, the Double Arrow Design, and SELECT COMFORT are registered trademarks of Sleep Number Corporation. ©2021 Sleep Number Corporation

EDITOR'S NOTE

Ahead of the Game

I HAVE ALWAYS LOVED the hacks in REAL SIMPLE, all two-plus decades' worth of them. As the editor, I especially love having a front-row seat to the early planning and testing stages. Does our cool punch-bowl ice ring need cooking spray to unmold, or a quick dip in hot water? See page 39! To store mini lights, is it better to wrap them around a suit hanger or a coffee can? Results TBD! And sneak preview: We have a hack in an upcoming winter issue that just may revolutionize the way you think about red bras.

As I read article pitches and outlines, some of my most frequent comments are: "OMG, genius!" and "What took them so long to invent this?" and "I'll never do fill-in-the-blank the same way again." All followed by maybe a dozen purple heart emoji—inserted with keyboard shortcuts, of course.

So it's safe to say that after working with food director Jenna Helwig and all the cooks at the Meredith Food Studios on "Be an Early Bird" (page 84), I'll never do Thanksgiving the same way again. That is, never again will I peer through the steam from a pot of boiling potatoes and, over the hum of the stove's exhaust fan, try to hear what my family is laughing about. Thanks to Jenna's (OMG, genius) plan and delicious recipes, every single Thanksgiving staple can be made in advance, then easily and quickly reheated and served. And I can revel in the luxury of sitting around chatting and relaxing and enjoying my family, and laughing along with them. I hope you spend your day doing the exact same thing.

xo
Liz



LET'S CONNECT!
Follow me on Instagram
at @LizVaccariello.

STYLING BY JENNIFER SMITH FOR ELYSE CONNOLLY; HAIR BY LINH NGUYEN FOR SEE MANAGEMENT USING ORIBE;
CUT BY NUNZIO SAVIANO; MAKEUP BY LINDSEY WILLIAMS FOR LOWE & CO. USING REALHER MAKEUP

**DRY,
DISTRESSED
SKIN THAT
STRUGGLES?**

**YOU HAVE A
POWERFUL PARTNER.**

Our unique formula is clinically proven to intensely moisturize over time to improve skin's resilience.

Aveeno
HEALTHY. IT'S OUR NATURE.™



© J&JCI2021



Use product only as directed.

If you were
a kitchen
appliance, what
would you be
and why?

REAL SIMPLE



"A stand mixer.
To be coated in sugar
and cake batter
all the time sounds
like a dream."



"A blender.
It would be really
satisfying to whirl
like a dervish and
liquefy things."



"Definitely an
air fryer. It gets along
with everyone
(you can cook *anything*
in it) and always
has your back."



"A coffee maker,
for sure. I love being
the first one up
and have a knack for
converting friends
and family into
morning people."

Liz Vaccariello
EDITOR IN CHIEF

Emily Kehe
CREATIVE DIRECTOR

EXECUTIVE EDITOR Rory Evans
EXECUTIVE MANAGING EDITOR Lavinel Savu
PHOTO DIRECTOR Muzam Agha

EDITORIAL

FEATURES DIRECTOR Amy Maclin
FEATURES EDITOR Brandi Broxson
SENIOR EDITOR Rachel Sylvester
ASSOCIATE EDITOR Martha Upton
EDITORIAL ASSISTANT Teddy Willson
CONTRIBUTING EDITORS
Kristyn Kusek Lewis (books),
Catherine Newman

FOOD

FOOD DIRECTOR Jenna Helwig
SENIOR FOOD EDITOR Ananda Eidelstein

BEAUTY

BEAUTY DIRECTOR Heather Muir Maffei
DEPUTY BEAUTY DIRECTOR Lisa DeSantis
ASSISTANT BEAUTY EDITOR Anneke Knot

HOME

HOME DIRECTOR Stephanie Sisco
SENIOR HOME EDITOR Leslie Corona
CONTRIBUTING HOME EDITOR Cat Dash

FASHION

ASSOCIATE FASHION EDITOR Flavia Nunez

ART & PHOTO

DESIGN DIRECTOR Deanna Lowe
DEPUTY PHOTO EDITOR Lawrence J. Whritenour Jr.
SENIOR DESIGNER Lina LeGare

PRODUCTION

EDITORIAL PRODUCTION DIRECTOR
Filomena Guzzardi

COPY & RESEARCH

COPY & RESEARCH CHIEF Jenny Brown
CONTRIBUTING SENIOR RESEARCH EDITOR
Maya Kukes

REALSIMPLE.COM

DIGITAL CONTENT DIRECTOR Mickey O'Connor
DEPUTY EDITOR Jennifer Davidson
SENIOR EDITOR, HOME Katie Holdefehr
SENIOR EDITOR, SEO Liz Lashway
HEALTH & WELLNESS EDITOR Maggie Seaver
ASSOCIATE EDITOR Hana Hong
SOCIAL MEDIA EDITOR Hali Potters
PHOTO MANAGER Olivia Barr
EXECUTIVE VIDEO PRODUCER Allie Merriam
SENIOR VIDEO PRODUCER Jennifer Lomeli
NEWS VIDEO PRODUCER Amy Frank

Daren Mazzucca
SENIOR VICE PRESIDENT, GROUP PUBLISHER

Kristin Guinan
ASSOCIATE PUBLISHER, MARKETING

ADVERTISING SALES

EAST COAST
EASTERN ADVERTISING DIRECTOR Lizzie Meier Utt
INTEGRATED ACCOUNT DIRECTOR Susan Schwartzman
INTEGRATED ACCOUNT EXECUTIVE Haley Carter
ASSOCIATE BUSINESS DEVELOPMENT MANAGER Alexia Vicario
ACCOUNT DIRECTOR, NEW ENGLAND Jennifer Palmer (WNP Media)
ADVERTISING SALES ASSISTANT Hayley Solomon
MIDWEST
VICE PRESIDENT, GROUP SALES DIRECTOR Mindy Provenzano
INTEGRATED ACCOUNT DIRECTORS Margaret Graff, Jennifer Latwis
ADVERTISING SALES ASSISTANT Teri Dasbach
WEST COAST
INTEGRATED ACCOUNT DIRECTOR Janet Yano

MARKETING

MARKETING DIRECTOR Allison Kelly
ART DIRECTOR Sarah Massimo
SENIOR MARKETING MANAGER Misty Chandler
MARKETING COORDINATOR Lindsey Weiss
SENIOR PUBLICITY MANAGER Kari Stephenson
PR COORDINATOR Katie Holzman

CONTENT, STRATEGY & INSIGHTS

VICE PRESIDENT Andy Borinstein
DIRECTORS Karen Bakos, Emily Fleishman
SENIOR MANAGER Kseniya Ivnikitskaya
MANAGER Maura Ruane

PRODUCTION, CIRCULATION & FINANCE

PRODUCTION DIRECTOR John Beard
SENIOR PRODUCTION MANAGER Courtney Thompson
DIRECTOR OF QUALITY Joseph Kohler
COLOR QUALITY ANALYST Pamela Powers
ASSOCIATE CONSUMER MARKETING DIRECTOR Lynn Bolinger
NEWSSTAND RETAIL Rose Cirrincione
EXECUTIVE BUSINESS DIRECTOR Janice Croat
ASSOCIATE BUSINESS DIRECTOR Bryce Rockers
ADVERTISING BUSINESS MANAGER Zena Norbont

DIGITAL

SENIOR VICE PRESIDENT, CONTENT STRATEGY & OPERATIONS
Melissa Inman
SENIOR DIRECTOR, CONTENT STRATEGY Heather Morgan Shott
GENERAL MANAGER, HOME Angelique Jurgill
CREATIVE DIRECTOR Rebecca Hart
E-COMMERCE EDITORIAL LEAD Chloe Reznikov
SENIOR AUDIENCE RETENTION MANAGER Kelly Lage

MEREDITH NATIONAL MEDIA GROUP

PRESIDENT Catherine Levene
PRESIDENT, MEREDITH MAGAZINES Doug Olson
PRESIDENT, CONSUMER PRODUCTS Tom Witschi
PRESIDENT, MEREDITH DIGITAL Alysia Borsa
EVP, STRATEGIC & BUSINESS DEVELOPMENT Daphne Kwon

EXECUTIVE VICE PRESIDENTS

CHIEF REVENUE OFFICER Michael Brownstein
DIGITAL SALES Marla Newman
FINANCE Michael Riggs
MARKETING & INTEGRATED COMMUNICATIONS Nancy Weber

SENIOR VICE PRESIDENTS

CONSUMER MARKETING Steve Crowe
CONSUMER REVENUE Andy Wilson
CORPORATE SALES Brian Kightlinger
FOUNDRY 360 Matt Petersen
PRODUCT & TECHNOLOGY Justin Law
RESEARCH SOLUTIONS Britta Cleveland
STRATEGIC PLANNING Amy Thind
STRATEGIC SOURCING, NEWSSTAND, PRODUCTION Chuck Howell

VICE PRESIDENTS

BRAND LICENSING Toye Cody, Sondra Newkirk
BUSINESS PLANNING & ANALYSIS Rob Silverstone
CORPORATE BEAUTY Ahu Terzi
FINANCE Chris Susil
STRATEGIC DEVELOPMENT Kelsey Andersen
STRATEGIC PARTNERSHIPS Alicia Cervini

VICE PRESIDENT, GROUP EDITORIAL DIRECTOR Liz Vaccariello
CHIEF DIGITAL CONTENT OFFICER Amanda Dameron
DIRECTOR, EDITORIAL OPERATIONS & FINANCE Alexandra Brez

MEREDITH CORPORATION

CHAIRMAN & CHIEF EXECUTIVE OFFICER Tom Harty
CHIEF FINANCIAL OFFICER Jason Frierott
CHIEF DEVELOPMENT OFFICER John Zieser
PRESIDENT, MEREDITH LOCAL MEDIA GROUP Patrick McCreery
SENIOR VICE PRESIDENT, HUMAN RESOURCES Dina Nathanson
SENIOR VICE PRESIDENT, CHIEF COMMUNICATIONS OFFICER Erica Jensen
VICE CHAIRMAN Mell Meredith Frazier



"A teakettle,
so I can let out
some steam
now and then."



"A food processor.
Even though it's
small, it's mighty.
Multitasking,
efficient, versatile,
space saving,
speedy, precise...
some of my favorite
adjectives."



"A wine opener.
Need I say more?"

The gift that gives back.

LifeStraw Home Water Filter Pitcher

Behind this Scandinavian eye candy is a pitcher that filters out over 30 contaminants (including bacteria, lead, microplastics, parasites, and PFAS), a company that fights for the planet, and a give-back program that provides millions of children with safe water. Time for an upgrade.

LifeStraw® 
by VESTERGAARD



reddot award 2019
winner

Discover more at lifestraw.com/home.



Great taste. Heart Healthy.*



REAL SIMPLE Everywhere

Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day



ON THE TABLE

A No-Bake Pumpkin Pie That Pleases

An oven-free pumpkin pie may sound controversial, but trust us on this—your people will love it. You just need cream cheese, warm spices, white chocolate, and (of course) whipped cream. To make one for your next fall gathering, go to realsimple.com/pumpkin.

IN YOUR LIFE

Get More out of Your Daily Walks

Walking reaps a host of health rewards. Learn how to transform routine strolls into more meaningful moments at realsimple.com/betterwalks.



BEHIND THE SCENES

Xochitl Gonzalez
@xochitltheg

Favorite space in your home:

My bedroom gets the most amazing light. There's barely anything in it but a bed, a mirror, and a wall hanging, but it's the most Zen space.

Go-to recipe:

I make a good Instant Pot arroz con pollo, which can sound either amazing or sacrilegious.

Most-used gadget:

The gizmo that reseals unfinished bottles of wine.

Read Xochitl's essay about the comforts of home on page 26.



Great tasting and heart healthy.
Now, that's real simple.

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.

YOUR WORDS

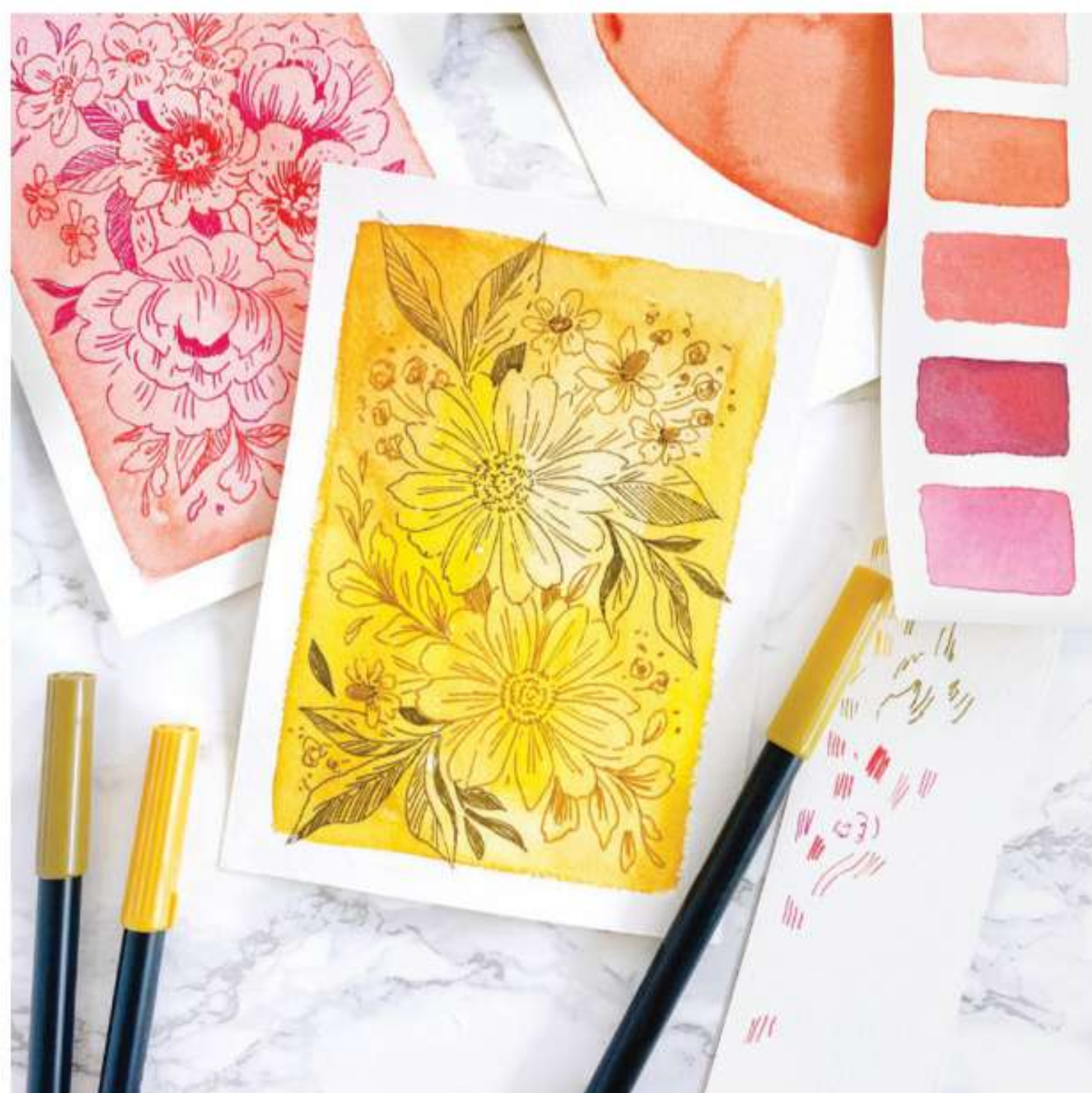
Who Would You Like to Write a Thank-You Note To?

That nice lady in the checkout line who loaded my groceries onto the belt so I could hold my crying baby.

 @JENNYWHITCOMB

#RSLOVE

I'd thank illustrator Lisa Congdon, whose artwork is centered on sending empowering messages, being authentic, and seeing the world through a lens of joy. She's an inspiration. @PAPERRAVEN.CO



For sharing this photo with us, @paperraven.co will receive our special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove.

My supervisor at my first factory job. She saw something in me and offered me the chance to work a desk job. She changed the trajectory of my life. Today I own a business, helping folks with disabilities achieve their goals.

MARIA NELSON, ELKHORN, WISCONSIN

I have a dear friend I met when I was 4, and we've been writing letters for 43 years! I have boxes of her letters, as I've kept all of them.

JODI KOPKE, DENVER, COLORADO

My kindergarten teacher, who gave me books to read at home. She knew my single mom couldn't afford them.

 @TUCKERPUGMOM

The food editors at REAL SIMPLE.

I look forward to the many new recipes.

DENISE SANDERS, LOUISVILLE, KENTUCKY

My two best friends, a married couple. I'm single, but I'm always included in their plans. We travel and socialize together. I often think that inclusion is a gift they give freely.

DARWIN THOMAS, GEORGETOWN, TEXAS

My 9-year-old pup, Bailey. I'd thank him for bringing joy into the house and helping me with all my anxiety.

REBA GOLDEN, LINCOLN, RHODE ISLAND

My daughter-in-law. She has given us our first grandchild and made sure our time with the baby is so special.

SUE ARM, VADNAIS HEIGHTS, MINNESOTA

Rhonda, my elderly mom's part-time caregiver. She is kind, patient, and responsible. She is a blessing to my mom and to me as well.

LYNNE JANSONS, LITTLETON, COLORADO

My son's and daughter's birth moms for having the love and courage to choose adoption.

 @LORIMYERSSSS

Robin Williams, oddly enough, for giving me the confidence to be as silly as I want when I perform. I wish I could have met him.

KAREN FITZGERALD,
DALLAS, GEORGIA

My stepdad, for the subtle lessons he taught me as a reliable, actions-speak-louder-than-words figure in my life.

 @LYDIA.E.MALONE

My landlord, for being a good sport.

STACEY WEST-KNEELAND,
ALLSTON,
MASSACHUSETTS

The fellow university student who told me about a job opportunity 42 years ago. That led to my 34-year career with the Department of Defense.

TERRI FALONEY, ANAHEIM
HILLS, CALIFORNIA

The owner of my gym, for keeping me sane during the pandemic. Being able to continue working out during the shutdown was incredibly therapeutic.

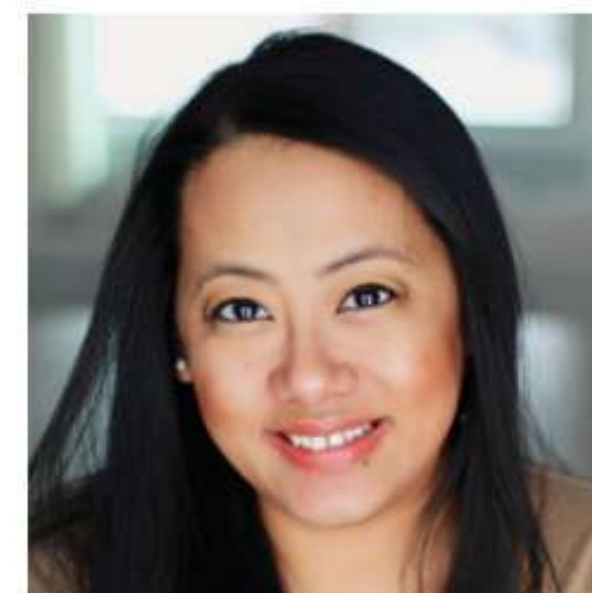
JANET ALMAN,
TEWKSBURY,
MASSACHUSETTS

My mother. After dealing with my oldest daughter and her boyfriend issues, I immediately called my mom and apologized for all the crap I put her through.

 @ERIN_G_CHARD

My kidney donor, Cindy. She's the angel God sent my way to give me a new lease on life.

 @CHONAG



READER OF THE MONTH

Mandy Yang, 36

DECLUTTERING COACH
MINNEAPOLIS

Who would you like to write a thank-you note to?

That sweet old couple who took me back to school, no questions asked, after the car broke down when my friends and I skipped class in 2001.

What's always in your bag?

A soft measuring tape. It's perfect to measure deep cabinets or narrow bins when organizing.

What's on your bucket list?

Go with my parents to their homeland of Laos and make a video of where they were born and how they lived so I can pass their stories to our family.

Who makes you laugh the most?

My 6-year-old. She sees the world as it is—not how adults believe it to be.

What's your favorite tradition?

I take a nap every Sunday from 1 to 3 p.m. The kids call it "Mom's naptime."

The cleanest thing in your house:

My counters. Counters are for doing, not storing.

NEXT QUESTION

What is the first thing you notice about a person?

Send an email to yourwords@realsimple.com to answer. Your response could appear on these pages.

Handled with care.

Reliable and personal claims handling.



GEICO[®]

1-800-947-AUTO | [geico.com](https://www.geico.com) | Local Office

Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2021 GEICO

SOOTHING EYE MASK / ORANGE CLOVE CHEESECAKE / FLOWER WALLPAPER

DELIGHTS

WE'RE LOVING

Baking Beautifully

Go ahead and preheat the oven. These supplies are the secret ingredients for your next batch of deliciousness.

BY CAT DASH

SHOWSTOPPING TOPPING

Meet your new decorating shortcut—just shake powdered sugar or cocoa over these food-safe stencils. **TO BUY:** Pie Stencil Pack, \$30 for 3; aheirloom.com.

FOOD STYLING BY RUTH BLACKBURN; PROP STYLING BY CHRISTINA DALEY

Photograph by
Jennifer Causey

NOVEMBER 2021 REAL SIMPLE 15

**1 EXCELLENT EXTRACTS**

Level up your bakes with orange blossom water, bourbon vanilla, and rose water. **TO BUY:** Nielsen-Massey Floral Flavors Product Bundle, \$28; amazon.com.

2 SPACE-SAVING SET

These sustainable bowls come in seven sizes, for *all* the ingredients. **TO BUY:** Bamboozle Bamboo 7-Piece Nesting Bowl Set, \$80; food52.com.

3 MAKE YOUR MARK

There's a cookie with your name on it—if you use this silicone-and-wood stamp. Swap the letters for endless customization.

TO BUY: Suck UK Message Cookie Cutter, \$15; letterfolk.com.

4 LOVELY LOAVES

Breads and cakes will slide right out of this nonstick pan with a festive fall motif.

TO BUY: Harvest Bounty Loaf, \$39; nordicware.com.

5 PRETTY HANDY

Wear this graphic glove whenever you handle hot pots or pans. **TO BUY:** Stripe Oven Mitt, \$24; dusendusen.com.

6 WINTRY MIX

This blend of snowflake sprinkles is made only with natural ingredients you can actually pronounce. **TO BUY:** Snowfall Sprinkles, \$8; supernaturalkitchen.com.

7 CHANGING GEAR

Bake all day and look cute doing so in this boldly patterned apron. **TO BUY:** Penrose Apron, \$48; dusendusen.com.

8 CAUSE A STIR

This nylon whisk has a ring that glides down to contain the splayed ends, so it stores easily in your utensil drawer. **TO BUY:** Normann Copenhagen Beater Whisk, \$20; woonwinkelhome.com.

truvia

REVOLUTIONIZE YOUR BAKING

SWEETENS CUP-FOR-CUP LIKE SUGAR,
WITH ZERO CALORIES PER SERVING.
THIS IS THE SWEETNESS REVOLUTION.



The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Twisty Suspense

Jordan Manning is a Chicago TV reporter with a knack for breaking big stories. She gets the challenge of her career when she begins investigating the mysterious death of a teenage girl and the serial killer who may be to blame. The first in a series by Emmy Award-winning journalist Tamron Hall, *As the Wicked Watch* has all the hallmarks of a great thriller, with a fast-moving plot, an unforgettable protagonist, and lots of fascinating insights into TV newsrooms and the biases influencing whose stories get told.

Must-Read Memoir

Playwright Sarah Ruhl leveled up on life when she gave birth to twins after a high-risk pregnancy just as her first play was making its Broadway debut. But while she was recovering in the hospital, one side of her face suddenly became paralyzed. It was Bell's palsy—the rare kind that does not resolve itself swiftly. *Smile*, Ruhl's riveting memoir about her 10-year journey to find a cure, is a beautiful meditation on identity and how we see ourselves.

Spellbinding Story

In *The Sentence*, the new novel by Pulitzer Prize- and National Book Award-winning Louise Erdrich, we meet Tookie, a formerly incarcerated bookseller. On All Soul's Day 2019, she discovers that the Minneapolis bookstore where she works is haunted by the store's most annoying customer, who died that day. As 2020 begins, the irreverent and funny Tookie grapples with the ghost, then the pandemic, then the protests. Her journey, captured in Erdrich's expert prose, is a cathartic and comforting story that book lovers will gobble up.

Dishy Nonfiction

Truman Capote's never-published final novel was a thinly veiled account of the secret lives of his "swans," the wealthy women he befriended as his star rose. When word of the project spread, the swans swiftly dumped him. In *Capote's Women*, best-selling biographer Laurence Leamer zeroes in on glamorous mid-century Manhattan, revealing the scandals that could have inspired Capote's biggest success but instead led to his downfall.

Feel-Good Fiction

In *Heard It in a Love Song* by Tracey Garvis Graves, Layla is a 35-year-old elementary school music teacher who's trying to move on from a disappointing past, including a singing career that never took off and a bad marriage that has finally ended. Josh is the newly single father of a kindergartner who catches her eye at school drop-off. What ensues is a classic friends-become-lovers story with characters you will find familiar—and can't help rooting for.



GENIUS BEAUTY

Superfood Skin Care

Plus seven other beauty buys
to simplify your routine

BY HEATHER MUIR MAFFEI



**Albyn Beauty Triple-C
Brightening Bounce Cream**

This forest-to-face fluffy pink moisturizer contains plants picked in Jackson Hole, Wyoming, to power up tired skin. Vitamin C brightens spots, aloe hydrates dry patches, and chokecherries ward off wrinkle-causing free radicals. **TO BUY:** \$48; albynbeauty.com.

1 **CURLY-HAIR HELP**

Nou High- and Low-Porosity Leave-In Conditioners

This line caters to curly and coily types (3A to 4C). For a customized dose of moisture, use high-porosity if your hair feels rough and low-porosity if it feels smooth. **TO BUY:** \$7 each; walmart.com.

2 **NAIL POLISH PERFECTOR**

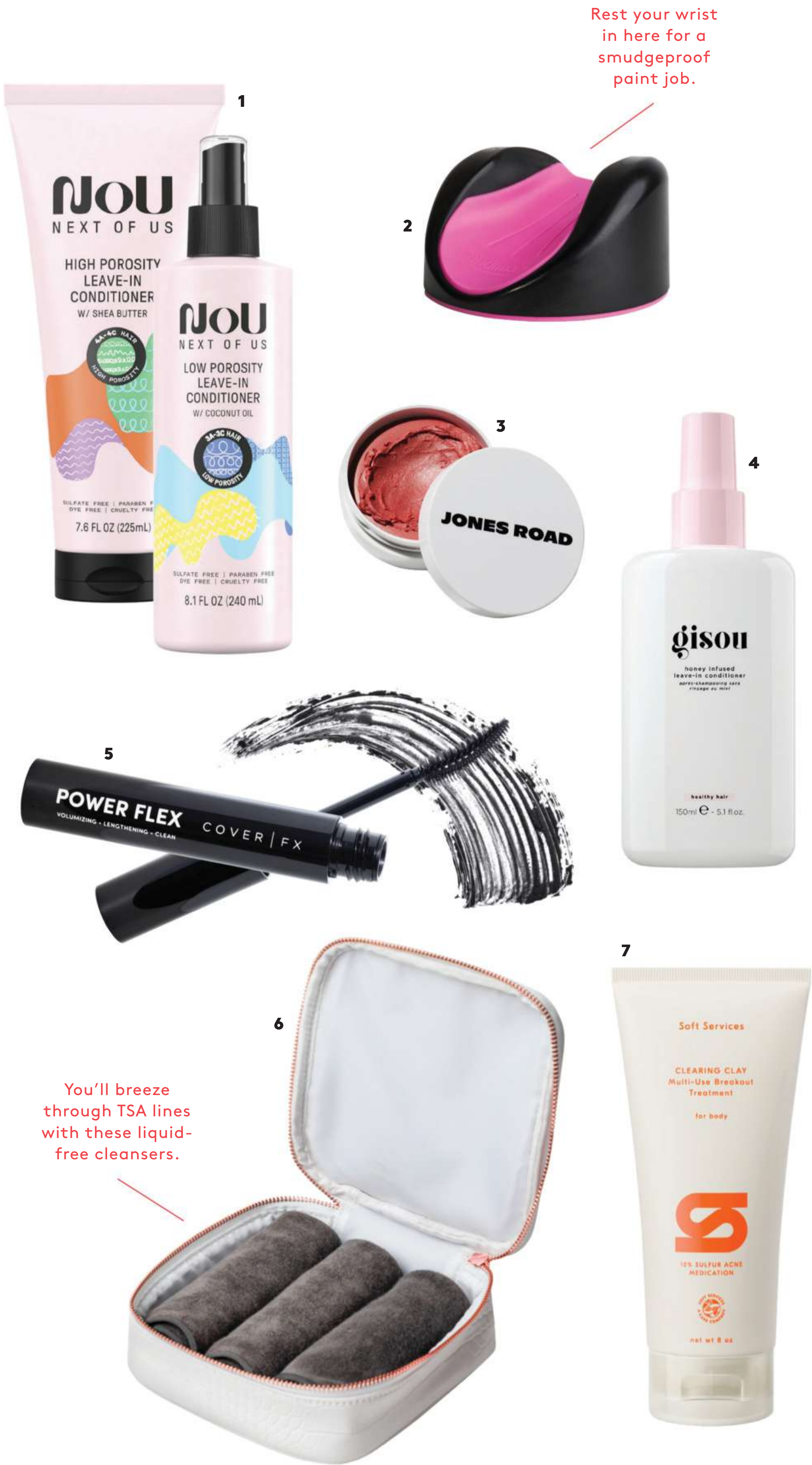
The HandiMani

This tool helps you master manis—even when you paint with your nondominant hand. The cradle stabilizes your wrist so you can make salon-worthy strokes. **TO BUY:** \$13; handimani.com.

3 **POT OF GLOW**

Jones Road Beauty Miracle Balm in Dusty Rose

For a simple, no-makeup makeup look, warm the balm (available in six shades) between your fingertips, then dab onto lids, lips, and cheeks. The gold-flecked wash of color wakes up your face. **TO BUY:** \$38; jonesroadbeauty.com.



4 **STRAND STRENGTHENER**

Gisou Honey Infused Leave-In Conditioner

This gentle mist forms an invisible shield to protect against heat and pollution, yet it doesn't leave fine hair looking greasy. **TO BUY:** \$34; us.gisou.com.

5 **LASH LIFTER**

Cover FX Power Flex Mascara

Finally, a mascara with natural ingredients that actually performs. Nonplastic polymers boost volume while moringa oil nourishes. **TO BUY:** \$24; coverfx.com.

6 **A DEEPER CLEAN**

Jenny Patinkin Urgent Care Cloths

To cleanse skin, just add water. These antimicrobial squares with activated charcoal are machine washable and can last up to a year. **TO BUY:** \$50 for 3; jennypatinkin.com.

7 **BLEMISH BUSTER**

Soft Services Clearing Clay

Got back, chest, neck, or butt zits? Use this sulfur-laced paste as a wash, mask, or spot treatment to zap them fast. **TO BUY:** \$28; softservices.co.

Get Glowing

WHEN MENOPAUSE CHANGES
YOUR SKIN, IT'S TIME TO CHANGE
YOUR SKINCARE ROUTINE.

SHOP & SAVE

Get **25% off** sitewide at
seemebeauty.com/simple
by using the code
SIMPLE25 at checkout.

Offer valid
10/19/21-11/22/21.



Put Your Best Face Forward with SeeMe Beauty's Smooth Out Recovery Serum.

Specially crafted to nourish, revitalize and restore estrogen-depleted skin, this unique formula is packed with hyaluronic acid and artichoke leaf extract, a natural antioxidant that's proven to increase hydration. Plus, it's free of parabens, sulfates, or artificial fragrances. Layer it under moisturizer one to two times a day to make skin look and feel firmer, smoother, and brighter.

As estrogen levels drop during perimenopause and menopause, skin can become drier, duller, and saggier. Staying hydrated and protecting your skin from the sun can help, but to really fight back you need to use products specially formulated for estrogen-deprived skin.

THE RECIPE FOR RADIANT SKIN

SeeMe Beauty is a first-of-its-kind skin care regimen made just for the needs of perimenopausal and menopausal skin. Offering a full line of cleansers, serums, eye creams, and moisturizers all formulated with the proprietary SeeMe Complex—a blend of artichoke leaf extract,

avocado oil, dill extract, turmeric, and vitamin B3—SeeMe Beauty uses ingredients from nature to provide deep hydration, improved texture, and a brighter, more visibly even-toned complexion.

It's the skin care brand that sees you as you are—and helps you embrace the changes that come with declining estrogen.



SCAN TO
SHOP & SAVE

LEARN MORE AT [SEEMEBEAUTY.COM/SIMPLE](https://seemebeauty.com/simple)



1

PUTTING ON THE GLITZ

Polish your jewelry with a plant-based towelette before that holiday party. It safely removes dirt and oil with no rinsing required.

TO BUY: Radiance Towelettes, \$22 for 10; shinery.com.



4

A CINCH TO STORE

This drawstring linen pouch is great for preserving a boule of bread on the counter, carrying a pie to a party, or even stowing a knitting project. Machine washable. **TO BUY:** Posie Linen Pouch, \$49; threadandwhisk.com.



2

BETTER BASTING

Use this pan now for turkey and in the spring for ham. Its curved base lets juices pool on the sides so you can baste without hassle. **TO BUY:** GoodCook Quick Roaster Pan & Locking Rack, \$30; amazon.com.



3

DOGGY DENTAL CARE

Brushing your dog's teeth? Woof. Squeeze this toothpaste made with real chicken onto a treat. As Fido chews, the enzymatic paste breaks down tartar. **TO BUY:** Dental Kit, \$35 for 1-month supply; barkbright.com.

**Clever Items
Little Helpers
to Make
Your Life Easier**

BY BRANDI BROXSON



5

STAYS-PUT EYE MASK

Soothe itchy or tired eyes with this cooling modal mask. The pillowy eye cups reduce pressure and block light to help you catch some z's. **TO BUY:** Eye Mask, \$45; ostrichpillow.com.



6

SPICE THINGS UP

This battery-operated grinder pairs with interchangeable and refillable pods that can hold peppercorns, dried spices, or herbs—no cross contamination of flavors! **TO BUY:** Fina Mill, \$40; finamill.com.



NEW!

THANKFUL FOR GATHERINGS

Make up for lost time with family and friends, with less effort in the kitchen. Savor the home-cooked flavors of Martha's favorite Appetizer, Side Dish, and Dessert recipes this holiday season.

www.marthastewartkitchen.com



**Martha's Best Recipes
Made Easy**

Find your
nearest store
by scanning
the code



ATLANTIS
PARADISE ISLAND BAHAMAS

savor the
BAHAMAS

Let your culinary adventures begin with celebrity chef cuisine and authentic Bahamian flavors designed for every palate.



DELIGHTS



MY SIMPLE REALIZATION

“Home Should Be Relaxing”

After a year of traveling between short-term rentals, XOCHITL GONZALEZ rethinks her decor.

THERE ARE PEOPLE I consider movers, who pack up and find a new home every few years. I’m a stayer. I spent 10 years in one apartment, and 16 years on a single block. When a series of events resulted in my spending a year in eight Airbnbs in four cities, I had no choice but to lean into an adventure.

Inhabiting the dwellings of others fundamentally altered my idea of what making a home means. Prior to this, I believed aesthetics made for a “nice home”—a houseplant here, a cabinet of vintage stemware there. But on my first morning in my rental in Hudson, New York, I discovered I was just as content in a house with little to offer by way of amenities but two mismatched mugs. It got nice light in the morning for coffee and had a cozy porch to drink wine on at night. In Kingston, New York, I realized community was key, thanks to the couple who owned the amazing bookstore and coffee shop down the street from my rental. They made an outsider like me feel right at home.

While staying in Santa Monica, California, I learned that no matter how beautiful a space may be, you can never feel truly relaxed without a proper garbage can in the kitchen.

Home should be relaxing. In online dating, not every beautiful picture leads to a person you feel entirely yourself with. My nomadic year taught me that the same goes for abodes. The most beautiful of my rentals was an entanglement of rules barring a range of things, including red wine and shoes with heels. The rules were designed to preserve the rental’s perfection, sure—but they mostly served to add to my anxieties.

When I finally returned to my Brooklyn, New York, apartment after a year away, I thought about my own home differently. I picked glasses I didn’t care if anyone shattered, a sofa you’d want to take a nap on, a bedspread that hid the dog hair. It’s the nicest home I’ve ever had. ■

XOCHITL GONZALEZ’S DEBUT NOVEL, *OLGA DIES DREAMING*, COMES OUT IN JANUARY AND IS BEING MADE INTO A SHOW ON HULU.

ILLUSTRATION BY SANNY VAN LOON/SHOP AROUND

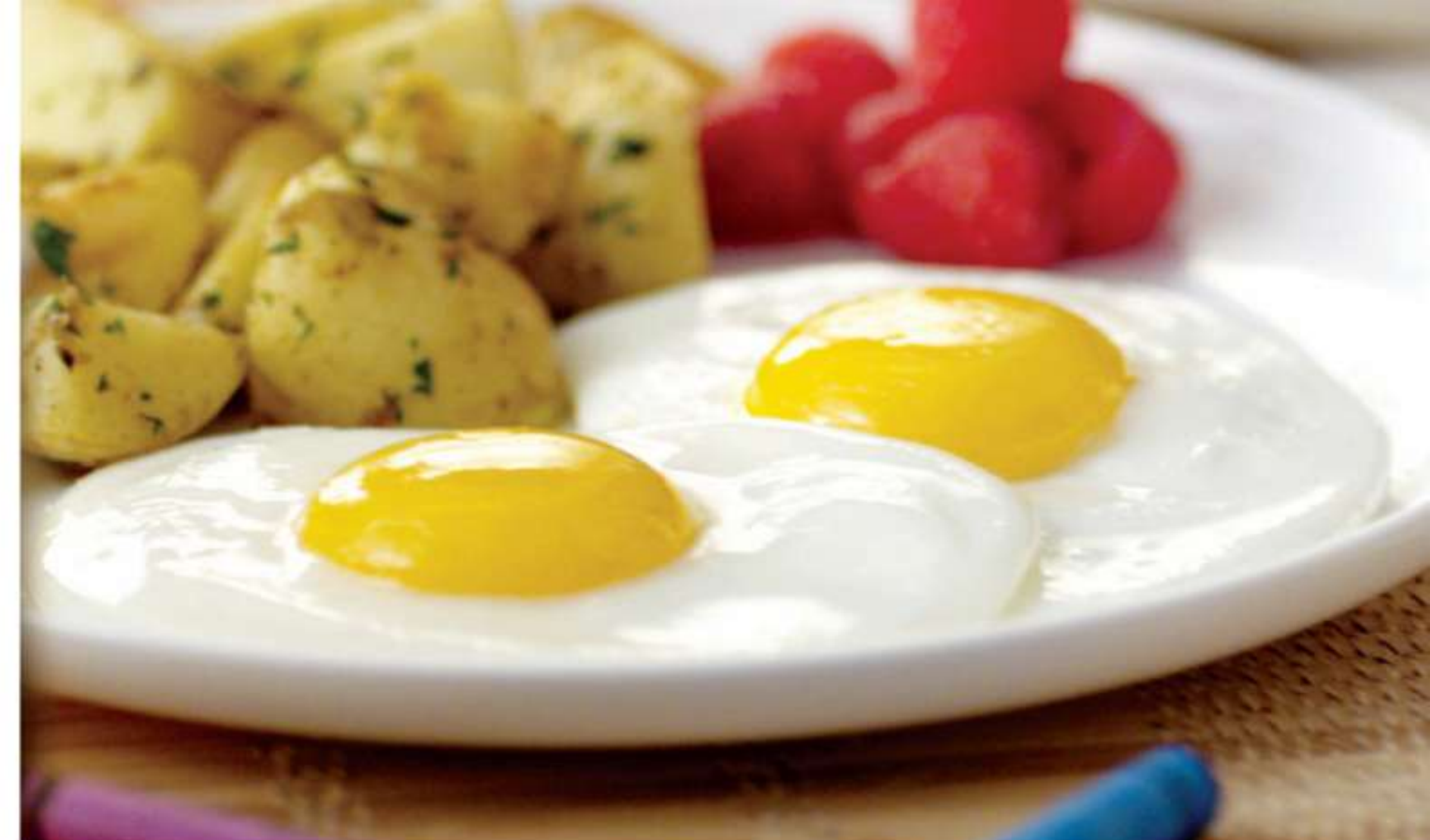
A woman is floating on her back in a large, circular inflatable ring inside a massive aquarium tank. She is looking up at the water's surface. Several large sharks are swimming around her, and many smaller fish are visible in the background. Sunlight rays stream down from the surface, creating a dramatic effect. The scene is set in a large, open space, likely a hotel lobby or a large indoor pool area.

a world of
WONDER
awaits

*the best journeys are measured
in memories, not miles.*

ATLANTIS
PARADISE ISLAND BAHAMAS

AtlantisBahamas.com/RS
800.794.9377



Only Egghand's Best gives you eggs with 25% less saturated fat and 6 times more vitamin D

No other egg provides 10 times more vitamin E, 6 times more vitamin D, and 25% less saturated fat. Plus, more of the delicious, fresh-from-the-farm taste everyone loves. Your love for your family isn't ordinary, so why serve ordinary eggs?

Give them *only* the best—Egghand's Best.



Proud supporter of
American Heart Association.
Healthy for Good™



FARM FRESH

**EGG-LAND'S
BEST**



Better taste. Better nutrition.

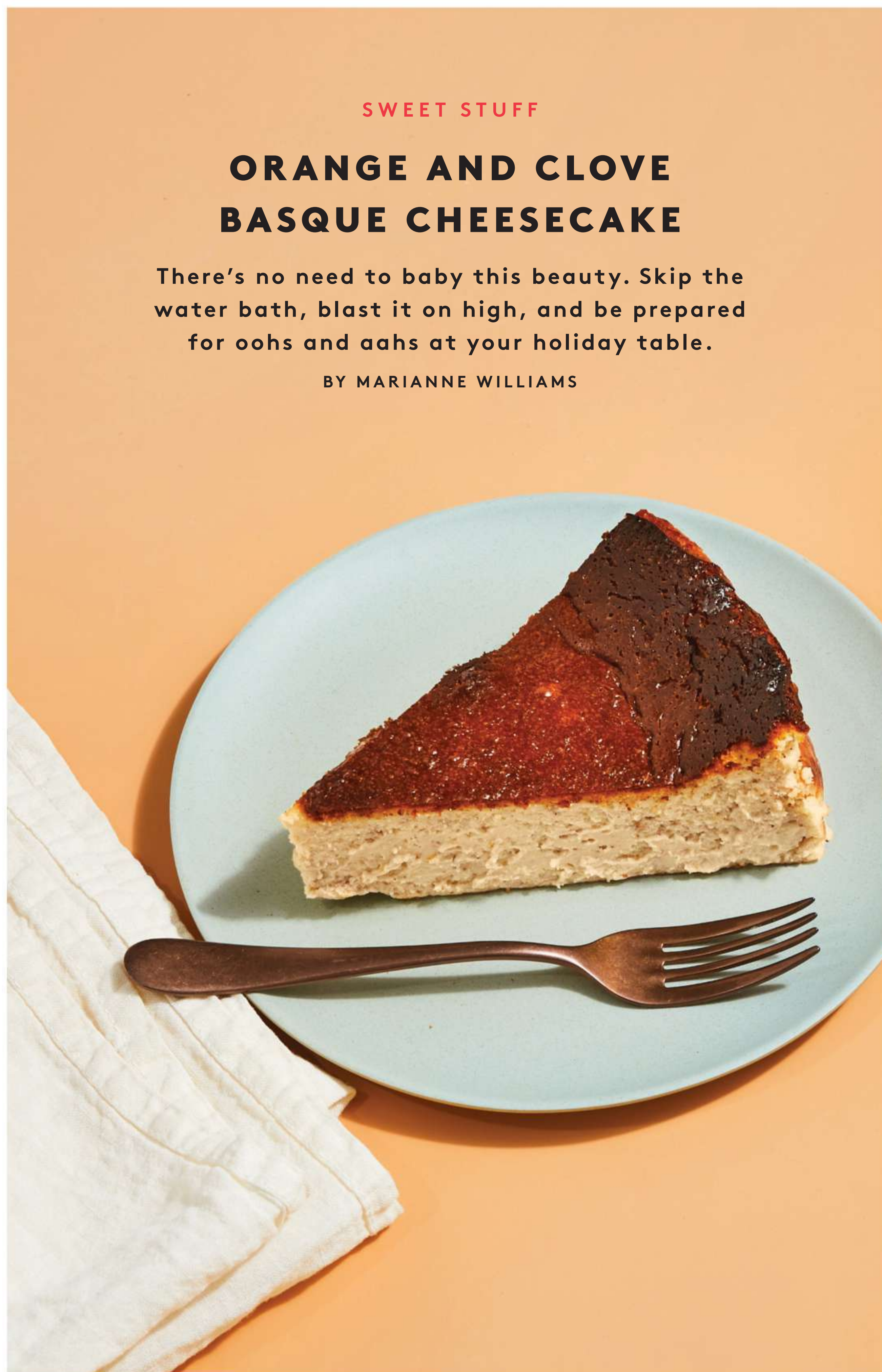
Better eggs.®

SWEET STUFF

ORANGE AND CLOVE BASQUE CHEESECAKE

There's no need to baby this beauty. Skip the water bath, blast it on high, and be prepared for oohs and aahs at your holiday table.

BY MARIANNE WILLIAMS



ACTIVE TIME **25 MINUTES**
TOTAL TIME **6 HOURS**
(INCLUDES 5 HOURS COOLING)
SERVES **12**

- Cooking spray
- 2 lb. cream cheese,
at room temperature
- 1 cup granulated sugar
- $\frac{1}{2}$ cup packed
light brown sugar
- 6 large eggs, at room
temperature
- $1\frac{3}{4}$ cups heavy cream
- 1 Tbsp. orange zest
plus 2 Tbsp. fresh juice
- 1 tsp. kosher salt
- 1 tsp. vanilla extract
- $\frac{3}{4}$ tsp. ground cloves
- 1 Tbsp. orange liqueur, such as
Triple Sec or Grand Marnier
(optional)
- $\frac{1}{4}$ cup all-purpose flour

PREHEAT oven to 450°F. Spray a 10-inch cake pan with cooking spray. Line pan with 2 sheets of parchment paper, leaving about 2 inches of overhang all around.

BEAT cream cheese, granulated sugar, and brown sugar in a medium bowl with an electric mixer until completely smooth and sugar has dissolved, 1 to 2 minutes. Add eggs, 1 at a time, and beat on low just until incorporated. Add cream, orange zest and juice, salt, vanilla, cloves, and, if desired, liqueur. Beat on low until smooth, about 30 seconds. Sprinkle on flour and beat just until incorporated. Transfer to prepared pan and place on middle rack in oven.

BAKE until edges have puffed, top is evenly dark brown, and center is still slightly jiggly, 35 to 40 minutes. Let cool in pan on a wire rack for about 1 hour. Cover and chill for at least 4 hours before serving.

ADVERTISEMENT

Ready, Set, Shop

IT'S A PIECE OF CAKE TO
REMEMBER ALL THE INGREDIENTS
IN THIS FESTIVE **ORANGE AND
CLOVE BASQUE CHEESECAKE**.
JUST TEAR OUT THIS SHOPPING
LIST—THEN HIT THE STORE.



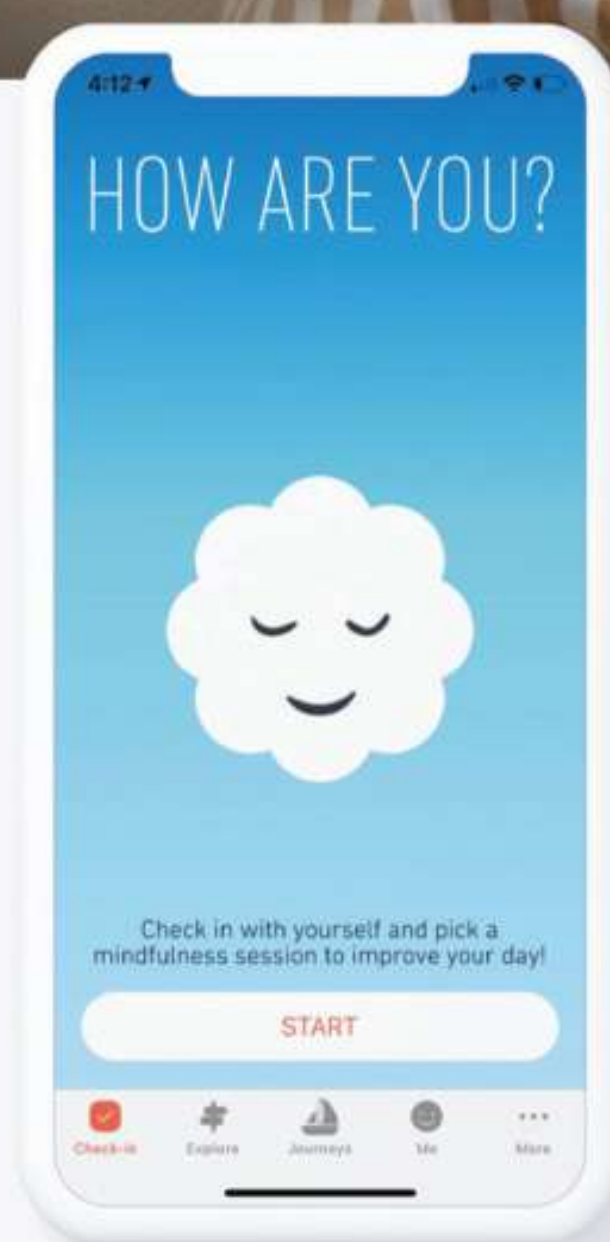
- ☐ 6 Eggland's Best eggs, Large
- ☐ Cream cheese
- ☐ Granulated sugar
- ☐ Light brown sugar
- ☐ Heavy cream
- ☐ Orange
- ☐ Kosher salt
- ☐ Vanilla extract
- ☐ Ground cloves
- ☐ Orange liqueur (optional)
- ☐ All-purpose flour



Better taste. Better nutrition.
Better eggs.®

7:32 am — Sensitive
9:47 am — Vulnerable
1:49 pm — Distracted
4:08 pm — Open-minded
7:43 pm — Happy

© 2021 MyLife™. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries.



Your emotions change. That's why MyLife™ offers a personalized mindfulness boost, any time of day.



SCAN WITH SMARTPHONE

It all starts with how you're feeling, right now. You'll enjoy a customized experience from over 400 relaxation activities, each one about 10 minutes or less. MyLife delivers exactly what you need — because it always starts with **you**.



my
life 

START YOUR MINDFULNESS JOURNEY AT MYLIFE. DOWNLOAD FOR FREE.



SPACE OF THE MONTH

Flower Power

For their dining space, one couple mixed their styles—and went big on florals.

BY STEPHANIE SISCO



Meet the Owner

MALLORY PRATER

Big windows, wood molding—Mallory and her boyfriend, Spencer, lucked into lots of cool details original to the 1902 duplex they rent in Portland, Oregon. Working at the home decor company Schoolhouse, Mallory has developed an eclectic style, which she wanted to merge with the apartment's architecture...and with Spencer's love of midcentury furniture. They pulled it off with a tulip table, vintage plastic chairs, and floral wallpaper that harks back to the early 1970s. All those petals required a hard sell to Spencer, Mallory admits, but the wallpaper has become his favorite feature.



Get the Look

CARVE OUT FUNCTIONAL SPACE

This area is really just a wide hallway between rooms, but Mallory made the dining zone feel intentional by anchoring it with a pendant light. To avoid a tripping hazard in a high-traffic spot, she skipped putting down a rug.

LEAN INTO WOOD

Natural finishes on cabinetry and molding are making a comeback, so if you've got it, flaunt it. Warm red, mustard, and amber accents pair nicely with the stained oak trim and flooring.

GO BOLD BUT BITE-SIZE

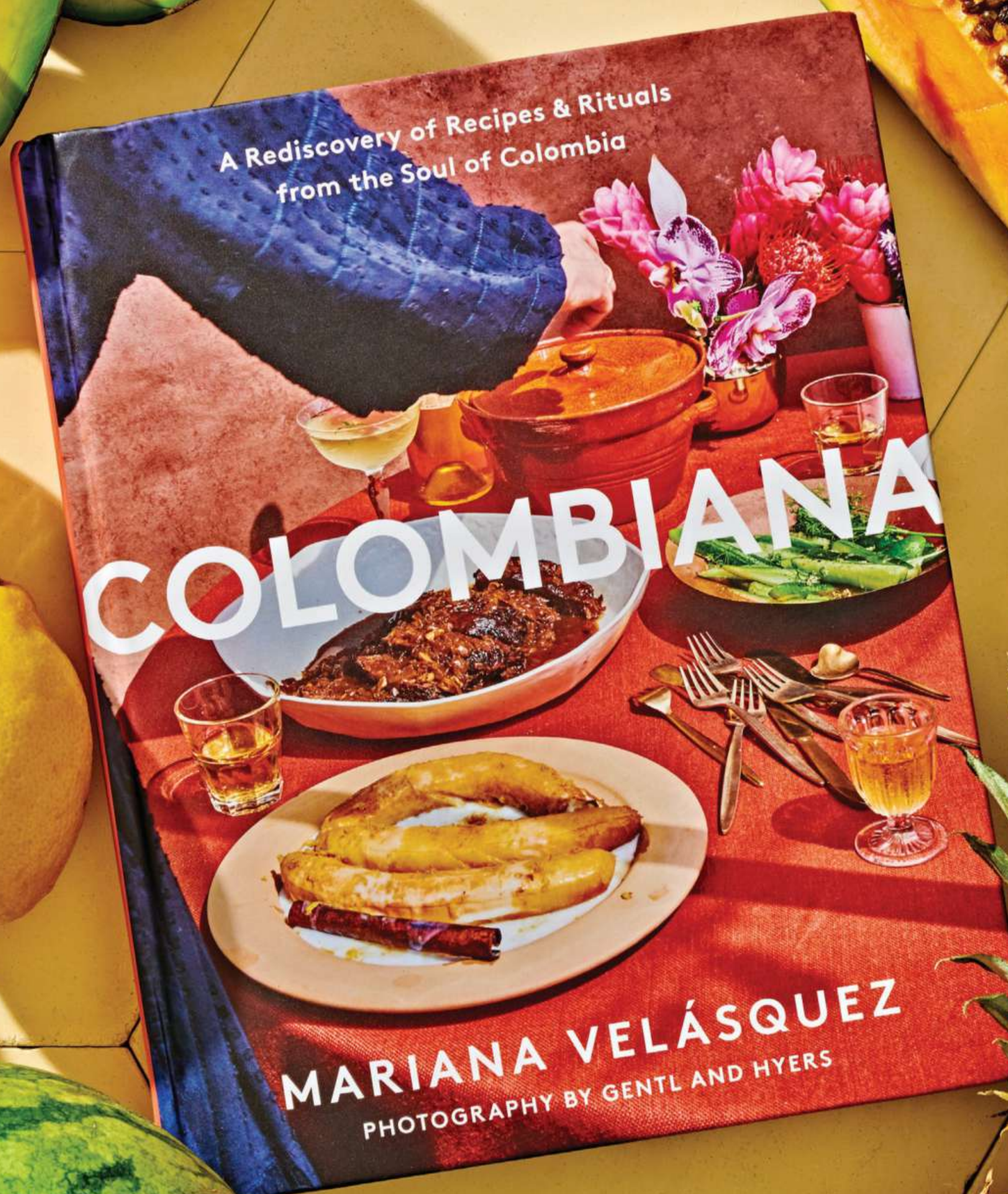
Rather than overwhelm the small space with pattern, Mallory used the wallpaper on a single wall and painted the others a corresponding creamy shade.

TO BUY: Alonso Side Chair in Yellow, \$250 for 4; wayfair.com. Zeno 1-Light Globe Pendant with Glass Shade, \$59; homedepot.com. Tulip Table Round in White Lacquer, \$849; roveconcepts.com. Cascade Meadow Wallpaper in Primary, \$205 per roll (about 45 sq. ft.); schoolhouse.com (use code RS15 for 15 percent off through 12/1/21). Natural Touch Pothos Hanging Fake Plant, \$54; afloral.com. Scandinavian Lounge Chair in Mustard Yellow, \$499; levityhome.com. Drinking Glasses in Sunset, \$50 for 4; fromourplace.com.

Cook These Books

No matter what type of recipe you crave, you'll eat up this list of our food editors' 2021 favorites.

BY ANANDA EIDELSTEIN
AND JENNA HELWIG



BEST FOR ARMCHAIR TRAVEL

Colombiana

By Mariana Velásquez

When Velásquez, a U.S.-based food stylist and chef, embarks on a culinary road trip around her home country of Colombia, it's like we're riding along on a vacation overflowing with culture, color, and tropical fruit. The book's menus serve as guides for crowd-pleasing dinner parties, and Velásquez's tips on how to set the scene with just the right flowers, linens, and playlists will inspire you. You'll finish the book itching to plan both a dinner party and a real getaway. (\$32.50; Harper Wave)

BEST FOR BAKING,
WITH A SIDE OF STORIES**Life Is What
You Bake It**

By Vallery Lomas

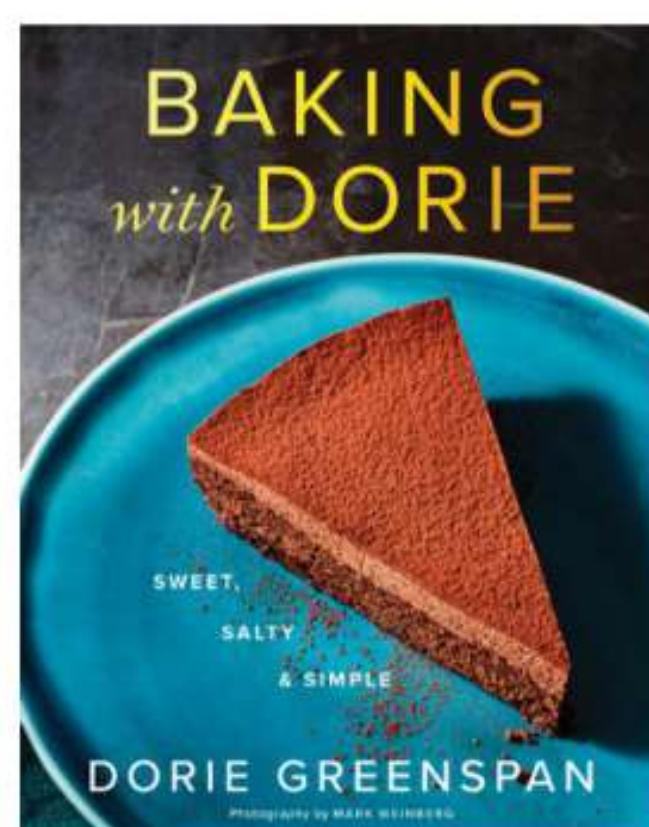
In 2017, Lomas won *The Great American Baking Show*, an epic accomplishment she believed would help her transition from her career as an attorney to her dream job as a professional baker. But when the series stopped airing midseason due to sexual harassment allegations against a judge, it felt like all her hard work was erased. Lomas tells that story, plus more—about growing up in southern Louisiana, baking with her remarkable grandmother Willie Mae, and the universally relatable struggle to make the life you envision for yourself. Oh, yes, and the recipes for cakes, cookies, cupcakes, and brownies are to die for. (\$30; Clarkson Potter)

BEST FOR EASY
DINNER SOLUTIONS**Ready, Set, Cook**

By Dawn Perry

These insightful and playful pages tackle the eternal dinnertime conundrum—how to get a tasty meal on the table with what's on hand. Perry, a former food director at REAL SIMPLE, fills this book with recipes and tips that revolve around the pantry, freezer, and fridge (and includes advice on how to stock them wisely). If you're already in your weeknight dinner groove, you'll discover boredom-proof twists on familiar favorites. And if you're a kitchen novice, this book will help you feel like a pro in no time. (\$30; Simon & Schuster)

Whether you want to
eat more plants,
find new cheeses, or bake
a mean muffin, these
books will keep you well
fed and well read.



BEST FOR BREAKFAST INSPIRATION

Baking with Dorie

By Dorie Greenspan

We want to try everything in baking queen Dorie Greenspan's gorgeous new book, but the breakfast recipes really make our mouths water. From Cheddar-Scallion Scones to cinnamon-raisin Twist Bread to homemade English muffins, you'll gladly wake up early to get these morning glories on the table. What's more, Greenspan gives storing instructions, offers suggestions on how to tweak recipes, and explains how to avoid common pitfalls. She loves homespun muffins as much as fancy brioche buns, and her chatty voice makes bakers of every level feel like they have a friend in the kitchen. (\$35; Mariner Books)



BEST FOR THE VEGETARIAN CURIOUS

The Weekday Vegetarians

By Jenny Rosenstrach

Like many of us, the *Dinner: A Love Story* blogger Jenny Rosenstrach knew all the benefits of a plant-based diet, but the mom of two teenagers wasn't ready to give up meat cold turkey. And she certainly wasn't about to forgo dinnertime deliciousness. Instead, she and her family began eating meatless meals on weekdays. It wasn't easy at first. As Rosenstrach writes, "It's one thing to know you want to eat in a more plant-based direction and an entirely different thing to execute that pledge night after night." But thanks to this book, we have the fruits (and veggies and tacos and soups) of her labor to make our own plant-forward meals as effortless as they are satisfying. (\$32.50; Clarkson Potter)

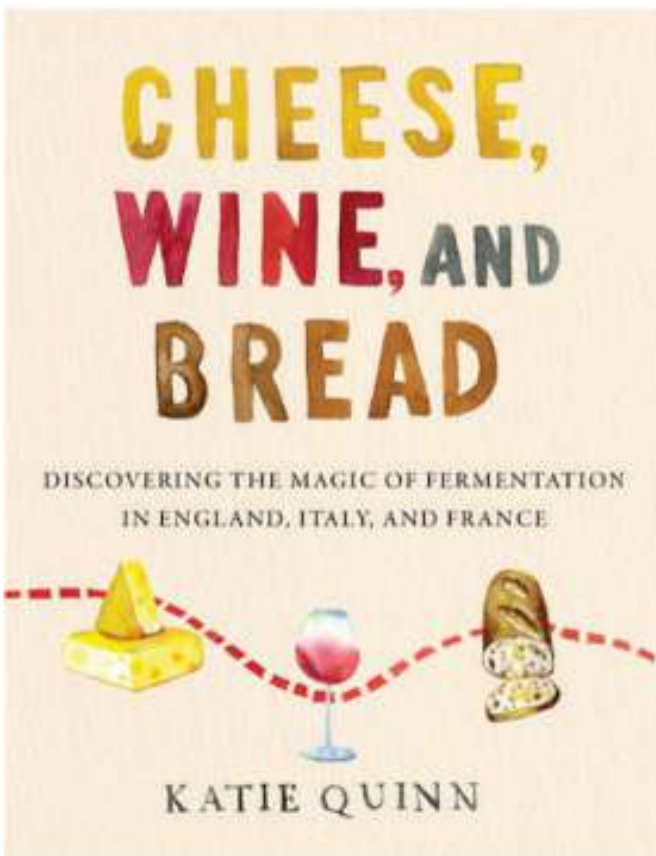


BEST FOR EDIBLE PROJECTS

To Asia, with Love

By Hetty McKinnon

While we adore the easy noodle dishes, speedy soups, and creative tray bakes in this book, it's the recipes for hand-pulled noodles and homemade dumplings that are most intriguing. McKinnon, Chinese Australian by birth and now a resident of Brooklyn, New York, makes every recipe—no matter how long—feel supremely doable. She shares how she learned to prep dumplings at her mother's side and writes that now, making them is "a form of meditation, a way for me to slow down and find balance in my daily life." Happily, she demystifies the process for those of us who weren't lucky enough to learn as children, including step-by-step photos, ingredient substitutions, and creative filling ideas. She even shows how to use store-bought wrappers, in case that's project enough. (\$35; Prestel)

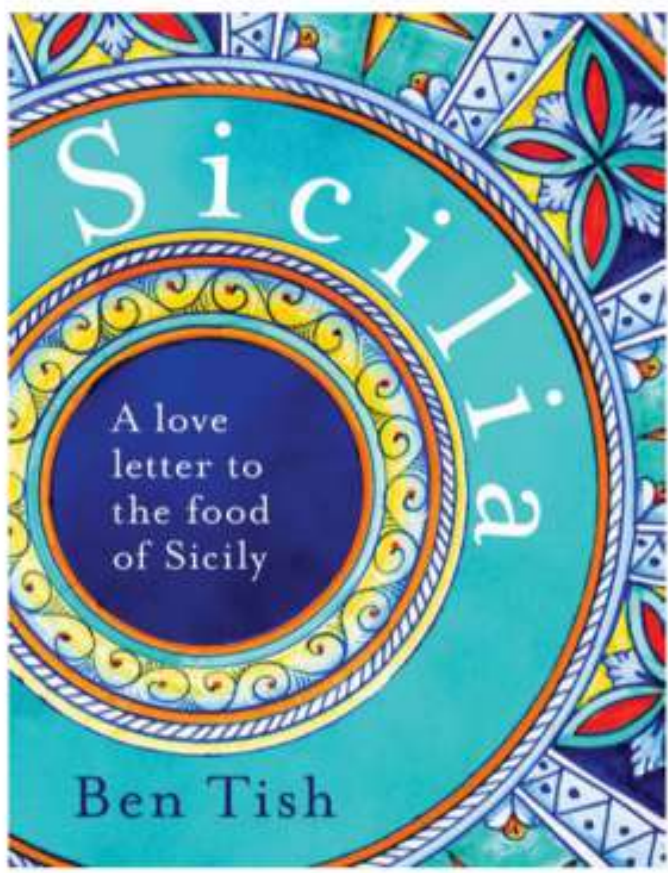


BEST TO READ LIKE A NOVEL

Cheese, Wine, and Bread

By Katie Quinn

At age 27, Quinn was in a skiing accident that left her with a brain injury; regaining her balance required months of physical therapy. After her recovery, she found herself obsessed with, of all the unlikely things, fermentation, in the form of cheese, wine, and bread. In this book, we follow along on her journey as she meanders through England, Italy, and France, discovering the secrets of these three timeless foods. The book leads with captivating stories and overflows with culinary revelations, memorable characters, and simple, tasty recipes. (\$30; William Morrow)



BEST TO GET YOUR ITALIAN FIX

Sicilia

By Ben Tish

Dive into the sun-soaked pages of this ode to Sicily and its diverse, bountiful cuisine (almonds, citrus, saffron, and pomegranates never looked so good). Written by a renowned British chef fascinated by Sicilian food, this book delivers the perfect balance of approachable weeknight meals, like pasta al forno with a cheesy golden crust, and showstopping weekend projects, like saffron arancini with pork and veal ragù. Don't miss the Baked Squash, mini ricotta-stuffed delights perfect for adorning a holiday table. And the desserts? *Paradiso!* (\$35; Bloomsbury Absolute)

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough biologic treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 and up.

- ▶ **Fast itch relief***
- ▶ **Clearer skin that lasts***
- ▶ **Not an immunosuppressant**
- ▶ **Not a cream or steroid**

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

**HELP
HEAL
YOUR
SKIN
FROM
WITHIN™**

**DEBBIE,
REAL PATIENT**
Individual results
may vary.

DUPIXENT® 
(dupilumab) Injection
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND GO TO [DUPIXENT.COM](https://www.dupilumab.com) TO FIND OUT MORE —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupilumab/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  **REGENERON**

© 2021 Sanofi and Regeneron Pharmaceuticals, Inc.

All Rights Reserved. DUP.21.02.0134

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.† CALL 1-844-DUPIXENT (1-844-387-4936)

†**THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use**

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com
or call 1-844-DUPIXENT (1-844-387-4936)

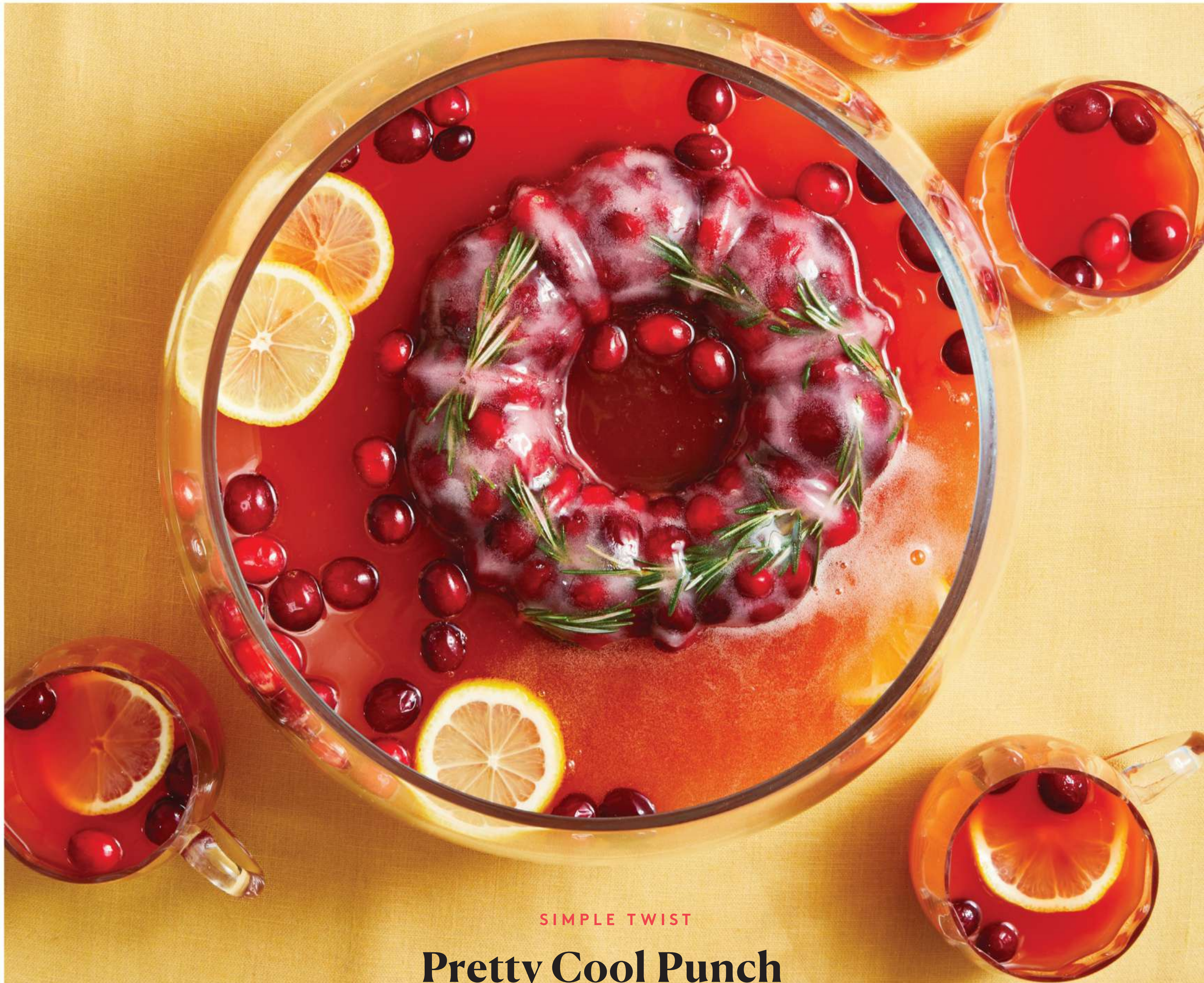
What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)
DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021
Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved.
Issue Date: January 2021

GUIDES



SIMPLE TWIST

Pretty Cool Punch

To keep the drink frosty all party long, make an ice ring by freezing water in a Bundt pan (yep, the same one you use for Nana's pound cake). Lightly coat the inside with an unflavored nonstick cooking spray, then fill to about an inch from the top with water. For a festive touch, add cranberries, lemon slices, or fresh herbs, like rosemary or thyme. Freeze until solid (about five hours). Let the pan sit on the counter for 10 minutes before sliding the ice out, then gently place the ice in the punch bowl—and start ladling out that holiday cheer.

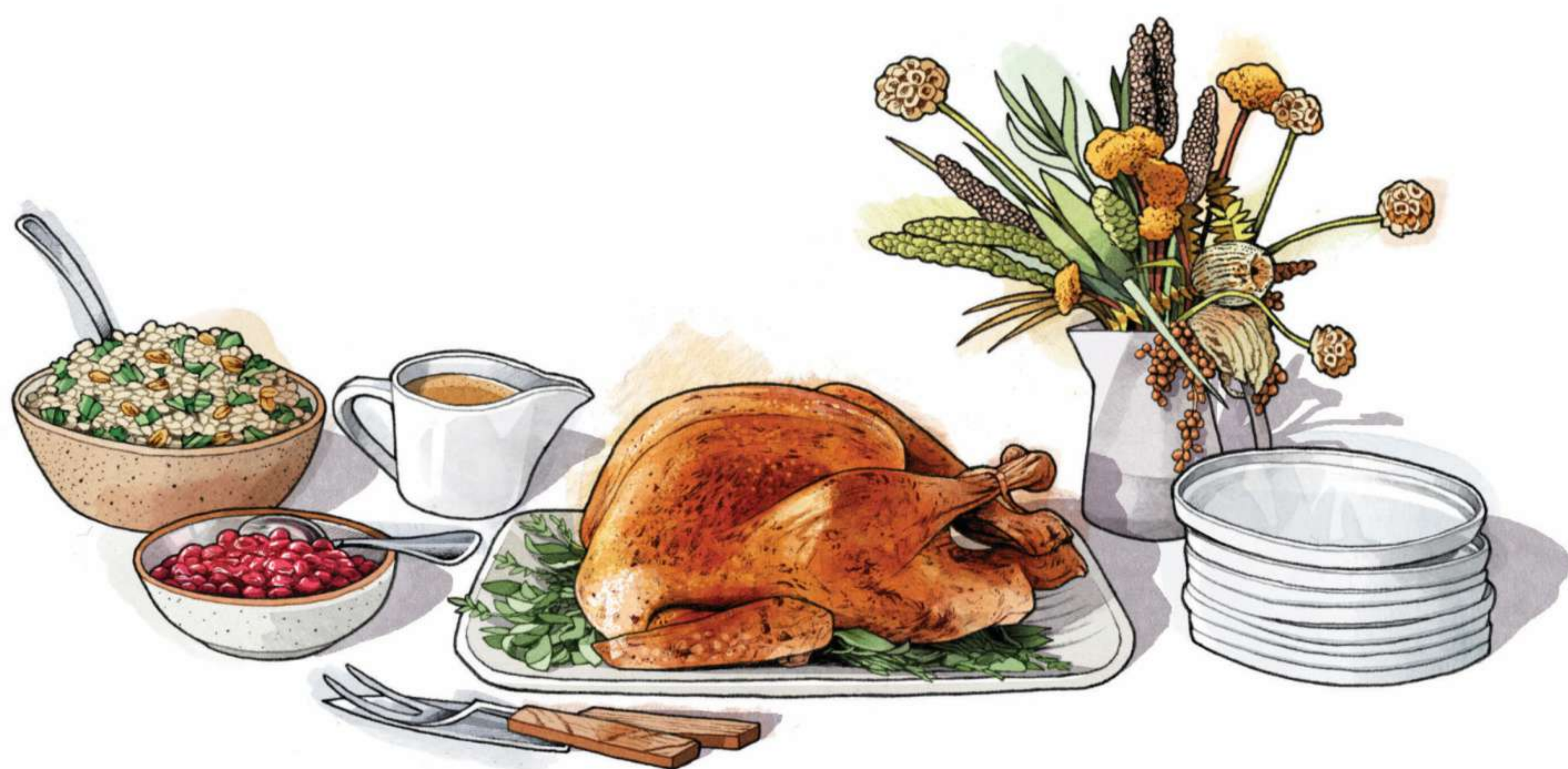
—Martha Upton

THINGS COOKS KNOW

Plan a Potluck Like a Pro

Thanksgiving and group efforts go together like mashed potatoes and gravy. This guide will make your get-together run so smoothly, you'll wonder why you ever cooked the whole meal yourself.

BY JENNA HELWIG



Organizing How-To

MANAGE THE MENU

While many people find joy in the “luck” part of a potluck (exhibit A: six bowls of cranberry sauce), Thanksgiving requires at least a little structure, says Carla Lalli Music, author of *That Sounds So Good*. “Decide what you’ll make, then assign the rest of the menu by category: hot sides, cold sides, desserts, and appetizers. Give guests free rein within those groupings,” she says. “The beauty is in the coming together.” If you still crave more control, start a Google Doc where guests can note what they plan to bring to avoid overlaps. People will most likely be flattered by specific requests. “If one of my guests makes an incredible apple pie or an unforgettable green bean casserole, I’ll ask for that,” says Elizabeth Van Lierde, author of *Everyday Entertaining*.

TURN THE TABLES ON TRADITION

SERVE THE UNEXPECTED THIS HOLIDAY WITH BOLD FLAVORS OF

Plant-Based MEATS & CHEESES

PLANT-BASED
FIELD ROAST
MEAT & CHEESE CO.

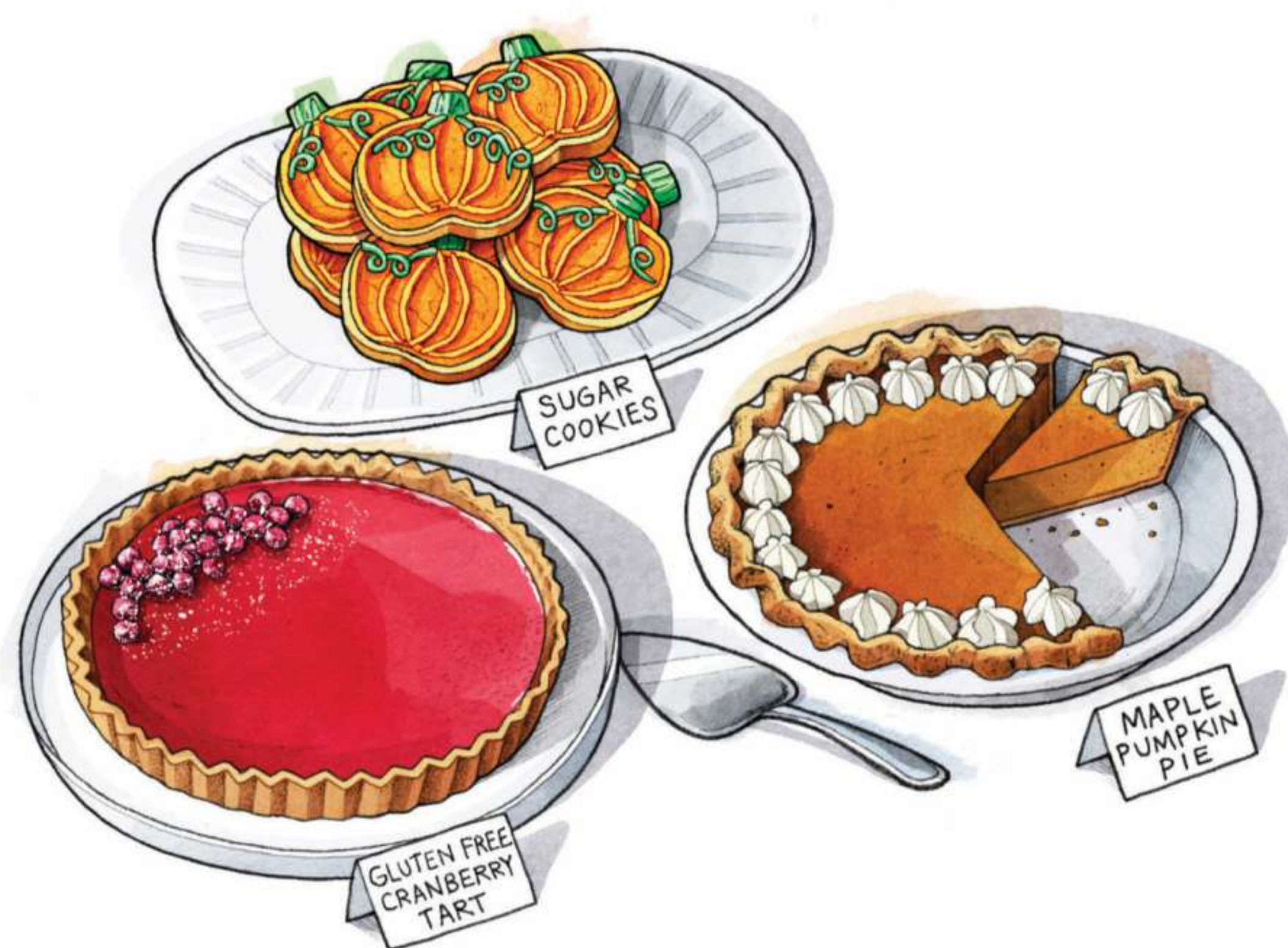


← SCAN HERE
TO UPGRADE
YOUR HOLIDAY WITH
DARING PLANT-BASED
RECIPES.

Make Taste Happen

FIELDROAST.COM/HOLIDAY





DIY WISELY

Many hosts find it's easiest to roast the turkey themselves, but there's no rule about whose task it is. If there are other dishes you simply must have or enjoy making—like your famous mac and cheese—delegate the turkey. (The bird needs to rest a bit when it gets out of the oven anyhow. It can do that in the backseat of your sister's car!) No matter what, set out at least one predinner nibble and a few beverage options, in case the people responsible for bringing those are literally late to the party.

INCLUDE THE NONCOOKS

Guests who are less comfortable in the kitchen can still contribute. "Ask for flowers, wine, a pie from a local bakery, or even a playlist," Van Lierde suggests.

DEAL WITH DIETARY RESTRICTIONS

To cover your bases, Music recommends slotting in a vegetarian or vegan appetizer and at least two vegetarian or vegan side dishes. This can be as simple as subbing veggie stock for chicken stock in dressing, or omitting bacon from the Brussels sprouts. "If you have a guest coming who has really specific dietary needs," she says, "ask them to bring a dish that works for them."

FARM OUT PLATTERS TOO

You can ask guests to bring a serving dish and utensil along with their contribution. But to be safe, have a couple of extra platters and spoons handy in case someone forgets.

Serving Smarts

CLEAN UP FIRST

Before guests arrive, clear counters to make room for dishes. Also strive for an empty sink, dish rack, and dishwasher. And don't forget to clear a shelf or two in the fridge, if possible, so you won't be reorganizing your condiments while a guest stands awkwardly behind you, salad in hand.

TIME IT RIGHT

While the turkey rests, reheat the sides. You typically don't have to stress about minor temperature differences. If one recipe calls for a 350-degree oven and the other for a 400-degree oven, meet in the middle at 375 and just keep an eye on things. For extra ease, Music recommends asking guests to bring dishes that are tasty at room temperature—like roasted vegetables and grain salads.

GO BUFFET-STYLE

Potlucks call for a serve-yourself setup. To keep the line running smoothly, place plates at the beginning, but keep the silverware and napkins on the dining table. "It can be tricky to juggle those while filling up and transporting your plate," Van Lierde says.

TAKE A BREATHER

Music's biggest piece of advice is to make sure that you, the host, are rested and hydrated before guests arrive. "Your pregame plan should include time to take a shower, put your feet up for 10 minutes, and change your clothes. I've been stuck in prep mode when the doorbell rings, and it's not a fun feeling!" ■

**YOU WERE
ASKED TO BRING
THE ONE THING
THAT LITERALLY
GOES ON
EVERYTHING.**



**IT'S GONNA
BE GREAT™**



Scan the code to get a Turkey Gravy recipe that'll taste great on the meat, the potatoes, and maybe even the pie.

ROAD TEST

Two Thumbs Up!

Great gloves make cold days so much more enjoyable. Here are our six handy faves (out of 32 tested).

BY FLAVIA NUNEZ



BEST FAUX-FUR LINING

Lauren Ralph Lauren Leather Glove

This classic style instantly gives you wear-forever feelings. The faux-fur lining keeps fingers toasty yet doesn't add bulk to the slim fit.

TO BUY: \$88; ralphlauren.com.



BEST SPLURGE

Canada Goose Workman Glove

These heavy-duty babies come from the men's department, but everyone will want to wear them thanks to the sturdy stitching, snug knit cuffs, and silky-smooth leather. **TO BUY:** \$175; canadagoose.com.



BEST CONVERTIBLE MITTENS

Ugg Women's Aislinn Honeycomb Flip Mitten

If you can't hit the ATM or dig into your purse for a pen without leaving a glove behind, these are for you. Flap 'em open for dexterity, flap 'em closed for warmth.

TO BUY: \$95; ugg.com.



BEST LIGHTWEIGHT

State Cashmere The Cable Knit Unisex Gloves

Pure cashmere not only feels luxe but has excellent insulation. Your fingers will be protected on even the coldest days. **TO BUY:** \$35; statecashmere.com.



BEST TOUCH SCREEN

Echo Knit Touch Glove

Made of ultrasoft polyester (you won't believe it's not cashmere), these gloves have tech-tip index fingers and thumbs to typoproof your texting. And they're so affordable, you might want to get two (of six) colors. **TO BUY:** \$29; echonewyork.com.



BEST WEATHERPROOF

The North Face Shelbe Raschel Etip Glove

These have a cozy (and recycled) fleece lining and a stretchy, water-repellent shell that allows maximum mobility. **TO BUY:** \$50; thenorthface.com.

FALL IN SC, *a cooler kind of summer*

Salty, sweet and earthy, South Carolina oysters are as unique as they are delicious, and come fall this coastal delicacy can be found in local restaurants and at oyster roasts all across the state. Discover a cooler kind of summer at FALLinSC.com

DISCOVER
South Carolina

📍 Bluffton, South Carolina

SC is **OPEN**



HEALTHY AT HOME

Test Your Immunity IQ

Sharpen your disease-fighting smarts as we head into cold and flu season.

BY AMY MACLIN

BY NOW WE'RE all-too familiar with the drill: Wash your hands, stay away from sick people, and keep your shots up to date. But how much do you know about supporting the immune system, which forms our line of defense against insidious viral invaders? Test your knowledge here.

The best way to boost your immune system is to...

- A. Exercise
- B. Eat nutritious food
- C. Sleep
- D. All of the above
- E. None of the above

ANSWER: D and E. All right, this was a bit of a trick question. The idea of an immunity “boost” is misguided. The immune system is a complex enterprise, and when it’s overactive, that can be just as harmful as when it’s underactive. (Think of autoimmune diseases, in which the body attacks itself.) So rather than *boost* the immune system, we want to *balance* it. The best way to do that is with lifestyle choices, says Sandra Darling, DO, of the Cleveland Clinic Center for Integrative & Lifestyle Medicine. That means getting at least 150 minutes of moderate physical activity (such as brisk walking) a week, eating plenty of fruits and veggies, and sleeping seven to nine hours a night.



True or false: A plant-based diet may help reduce the severity of Covid-19.

ANSWER: True. In one study, vegetarian health-care workers in six countries had a 73 percent lower chance of contracting moderate to severe Covid than their meat-eating counterparts. “Plants are so important because they bring in antioxidants,” says Susan Blum, MD, author of *The Immune System Recovery Plan* and founder of the Blum Center for Health in Rye Brook, New York. “Think of your immune system as a battalion of soldiers. Every time they fire bullets, they have to reload, which generates oxidative stress. Antioxidants help them recover so they can go back out to the front line.” To get the most diverse range of antioxidants and nutrients (particularly immunity-supporting vitamins A, B₆, C, and E), eat the rainbow by picking produce in a variety of colors: red peppers, orange carrots, yellow citrus, and leafy greens.

Which two of the following can benefit the immune system?

- A. Doughnuts
- B. Caring for a sick relative
- C. Scary movies
- D. Wine o’clock

ANSWER: C and D. According to a study in the journal *Stress*, people who watched a horror film had increased levels of infection-fighting white blood cells afterward—perhaps the result of the fight-or-flight response our bodies produce when something scares our pants off (which can be beneficial in small doses). And if you want to wind down with a fruity cabernet, that’s OK: Red wine’s anti-inflammatory compounds can offer immune-supporting benefits. But moderation is key, Darling cautions. “For women, that’s one drink per day, max,” she says. “Exceeding that amount is detrimental to the body and can set you up for poor sleep, unhealthy eating choices, and skipping exercise.”

As for doughnuts, a number of studies link high blood sugar to a weakened immune response in people with or without diabetes. Prolonged anxiety can also be bad news: It produces high levels of the stress hormone cortisol, resulting in inflammation, which can have destructive effects on the immune system.



Which makes up the biggest percentage of the immune system?

- A. Gut
- B. Spleen
- C. Lymph nodes
- D. Bone marrow
- E. Lungs

ANSWER: A. “It’s generally agreed that 70 percent of your immune system lives in the gut,” Blum says. “Your gut microbes help determine your level of inflammation and the degree of impairment to your immunity.” For a happier gut, consume lots of fiber and those all-important antioxidants called polyphenols, found in colorful fruits and vegetables as well as nuts and seeds. Blum recommends a diet that’s 75 percent plants, and points out that probiotics can also help create a more balanced internal ecosystem. “They directly reduce inflammation, influence the growth of healthy bacteria, and keep the intestinal lining strong,” she says. Try yogurt (Blum advises going with a brand that’s organic and grass-fed), kombucha (but be careful of excess sugar), sauerkraut (found in your grocery store’s refrigerated section), and other fermented vegetables.



What should you put on your shopping list?

- A. Vitamin D supplements
- B. Turkey tail mushrooms
- C. Pomegranate juice
- D. Garlic
- E. All of the above

ANSWER: E. “Many of us are low on vitamin D, which improves the operation of the cells that regulate immune function,” Blum says. “The recommended dietary allowance for adults under 70 is 600 IU, but many of my patients take 2,000 IU daily. I base the dosage on blood tests and where the patient lives.” Talk to your doctor about possible supplementation.

Blum is also a fan of mushrooms: “They can increase activity in a type of white blood cell referred to as a natural killer cell.” If your produce section isn’t teeming with turkey tails, shiitakes and the modest button variety can help get the job done. Blum takes a daily mushroom supplement; she likes Fungi Perfecti’s MyCommunity, a complex of 17 species.

Also, pomegranate juice has three times as many antioxidants as green tea and red wine, so consider it a virtuous nightcap. And Darling recommends garlic as well as ginger and turmeric, all of which have anti-inflammatory properties.

Which of the following supports immunity?

- A. Chewing your food
- B. Walking in the woods
- C. Clearing your schedule
- D. All of the above
- E. None of the above

ANSWER: D. Your mom was right about chewing your food thoroughly. According to a study in the journal *Immunity*, chewing stimulates the Th17 immune cells, which can activate a protective response in the gums. And the fresh air you inhale on a forest walk contains antibacterial and antifungal compounds called phytoncides that help not only plants but also humans fight disease. In one Japanese study, people who took a three-day trip to forested areas had higher natural killer cell activity for more than 30 days afterward.

A bonus benefit of a wooded walk: It may reduce stress, which produces that inflammation-sparking cortisol we want to avoid. Unfortunately, it’s not practical to escape to the forest whenever we’re tearing our hair out, which is why Blum recommends controlling what we can. “We’re always going to have stressors,” she says. “The question is, How do you develop a bulletproof vest so the stressor doesn’t activate your body’s stress response in an ongoing way? Shift your mentality and give yourself permission to not overbook yourself. And create some way every day to breathe and turn off that stress system.”



True or false: During cold and flu season, you need to up your vitamin C supplements.

ANSWER: False, most likely. You’re better off getting your vitamin C from foods like citrus fruits, strawberries, red bell peppers, spinach, and broccoli. “If you need a little extra, take 500 milligrams once or twice a day,” Darling says. “Don’t take more than that at a time, because your body won’t absorb it.” The limit for adults is 2,000 milligrams per day. Though too much dietary vitamin C is unlikely to be harmful, megadoses of C supplements might cause diarrhea, nausea, and vomiting—and that doesn’t sound so healthy at all. ■



Your antioxidant armor.

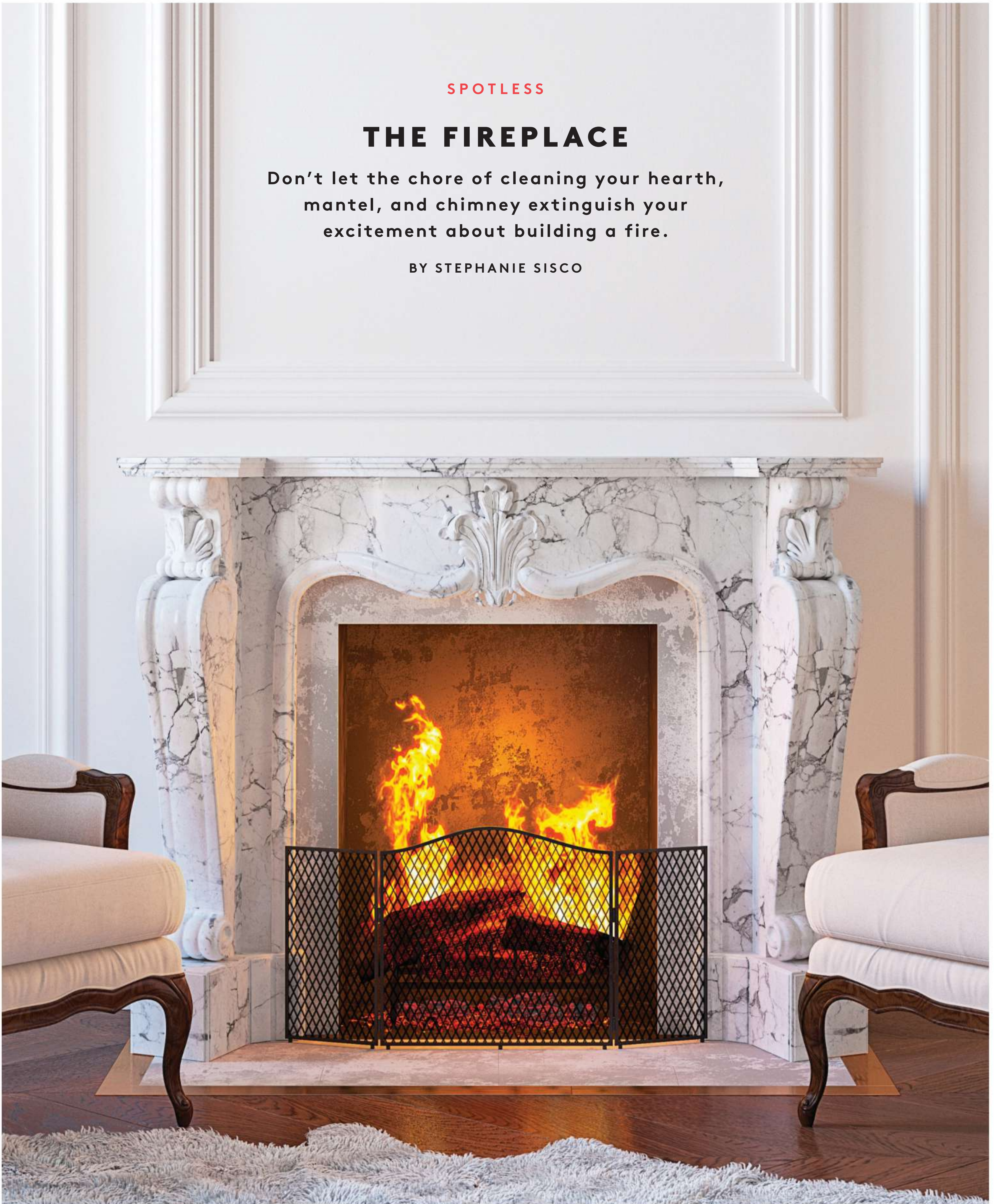
Protect thyself in the fight against free radicals. With more antioxidant power on average than red wine, blueberry juice, or green tea, POM Wonderful 100% Pomegranate Juice is your body's knight in shining armor.

SPOTLESS

THE FIREPLACE

Don't let the chore of cleaning your hearth, mantel, and chimney extinguish your excitement about building a fire.

BY STEPHANIE SISCO



GETTY IMAGES; PRODUCT IMAGES COURTESY OF MANUFACTURERS

A certified chimney sweep will do the dirty work for you—and make sure the chimney is structurally sound as well as clean.

Do This...

Give up on the idea that the fire-box will ever be entirely soot-free—it's an impossible task. Every few uses, scoop the fully cooled ashes into a metal bucket. A bit of left-over ash is OK and can even help kindle your next flame. Embers can stay hot for days, so use a bucket with a tight-fitting lid to snuff out the cinders, and place the bucket on a noncombustible surface, like a stone hearth.

MONTHLY

During prime season for your fireplace—typically now through February—clean off the surrounding areas at least once a month. (Soot is the devil's glitter; it spreads.) Collect stray soot using your vacuum's brush attachment, then wipe down the hearth with a dry soot sponge. Tackle stubborn debris on brick, stone, or tile with this method: Mix one teaspoon of powdered Tide with a gallon of hot water. Dip a brush into the solution and scrub the surface, then wipe with a cloth (no need to rinse).

ANNUALLY

Have a certified chimney sweep (find one at csia.org) clean and inspect the flue and ventilation once a year. They will do the dirty work for you and check that the chimney is structurally sound.

But Don't Do This

Never burn gift wrap in your fireplace. It tends to have dyes that offgas when lit, and worse, it can float into the chimney, ignite the creosote—a highly combustible buildup produced by smoke—and cause a chimney fire. (Balled-up black-and-white newspaper is safe to use to get your fire going.) Reduce creosote buildup by burning creosote-removing logs every 50 or so fires.

...With These

METAL BUCKET

A tight-fitting lid on the Ash Bucket with Shovel (\$39; lowes.com) helps prevent oxygen from getting in, and a handle makes it easy to carry.



DRY CLEANING SOOT SPONGE

Use the Professional Heavy Duty Soot & Dirt Remover (\$6; acehardware.com) to wipe debris from your mantel and fireplace surround.



POWDERED DETERGENT

The enzymes and surfactants in Tide Turbo Original High Efficiency Powdered Laundry Detergent (\$16; target.com) help slough off stubborn soot.



CREOSOTE-REMOVING LOGS

Creosote Sweeping Logs (\$4 each; walmart.com for stores) burn like standard firewood, but the smoke deposits minerals onto creosote buildup that can make it become brittle and fall off.



OUR EXPERTS

RUSS DIMMITT, DIRECTOR OF EDUCATION FOR THE CHIMNEY SAFETY INSTITUTE OF AMERICA

MELISSA MAKER, FOUNDER OF THE CLEANING COMPANY CLEAN MY SPACE

SARAH McALLISTER, DIRECTOR AND CEO OF THE CLEANING COMPANY GOCLEANCO



THE POWER OF LESS

TAKEOUT WASTE

With these eco-friendly strategies, you can reduce your impact *and* satisfy your pizza cravings.

BY JULIA MERCADO

YOU REUSE ALL THE TOTE BAGS, refuse every straw—but your takeout habit could still be sabotaging your sustainability efforts. Ordering out has a major effect on the environment: Food and packaging make up almost 45 percent of the waste in municipal landfills, and those landfills contribute about 15 percent of the planet's methane emissions, according to the EPA. If you're not ready to give up Taco Tuesday, here are a few ways to make the transition to lower-waste takeout practically, well, seamless.

If consumers keep requesting to use their own container, eventually the restaurant is going to try to figure it out.

JUST SAY NO TO UTENSILS

In most cases, disposable utensils will wind up in a landfill. They're small and oddly shaped, and some of the plastics used are unrecyclable. So ask for no utensils on the phone or in the app's comment section. To minimize waste when you're on the go, invest in reusable utensils, like the To-Go Ware Utensil Set (\$13.50; amazon.com), with a bamboo knife, fork, spoon, and chopsticks in a slim carrying case. Wooden chopsticks can be composted, but reusable is the better choice—and having your own set makes ordinary lo mein feel fancy.

NIX CONDIMENTS TOO

You probably already have a Drawer of Shame filled with ketchup and hot sauce packets. Ask the restaurant to omit them (the environment, and your junk drawer, will thank you). If you need condiments, use the ones in your fridge—and keep an eye out for more eco-conscious options. Kraft Heinz aims to make 100 percent of its packaging sustainable by 2025; next year, the company will launch a recyclable plastic cap, creating what it calls the world's first fully recyclable squeeze bottle.

CHECK YOUR LOCAL RECYCLING RULES

Your plastic lasagna container may have a recycling symbol on the bottom, but that doesn't necessarily mean you can toss it into the blue bin. Recycling rules vary by location. Check your municipality's recycling website to see what's accepted, says Swarupa Ganguli, acting chief of the EPA's Resource Conservation Branch. Depending on where you live, you might be able to round out your pile of bottles and

cans with those tiny shredded-Parmesan containers, pots of dipping sauce, and even that Barbie-size footstool on the center of your pizza.

Give all containers a good rinse before chucking them. If they're contaminated with food, they could be rejected by the facility. The same goes for your pizza box—remove all the cheese and sauce (some grease left over is most likely OK). Chinese takeout cartons, which are made of paper coated in plastic, are accepted by some recycling facilities, but those rigid white clamshell-shaped foam boxes are too lightweight and porous, so in most places they're off the menu.

BYOC (BRING YOUR OWN CONTAINER)

It's the most sustainable strategy, but up to the restaurant's discretion. Still, asking can't hurt. "If consumers keep requesting to use their own containers, eventually the restaurant is going to try to figure it out," says Christina Grace, CEO and founder of the Foodprint Group, which helps restaurants develop zero-waste strategies.

Services that take the hassle out of reusables are springing up, like Go Box in Portland, Oregon, and DeliverZero in New York City, says Samantha Sommer of Upstream, a nonprofit that helps develop and promote sustainability programs for restaurants. Order via the DeliverZero app, and the restaurant will bring your food in reusable containers. You can send back the containers the next time you order or drop them off at a participating restaurant. And some fast-food restaurants are coming around: Both Burger King and McDonald's are testing reusable packaging at select locations. ■

IF YOU DO JUST ONE THING

When ordering, consider how much you'll actually eat—especially if your eyes tend to be bigger than your stomach—to keep food as well as packaging out of the trash. Bonus: You'll save money while helping the planet.

10-MINUTE ORGANIZER

KITCHEN UTENSIL DRAWER

If you've got gadgets and gizmos aplenty—but can never find the one you need—pare down with these pro tips.

BY STEPHANIE SISCO



THE QUICK FIX

Empty the drawer and vacuum up the crumbs. Group items by function (measuring, cutting, stirring). Discard anything damaged and set aside duplicates to donate. Add dividers and arrange your utensils, stashing like with like.

THE HABIT

Keep the five or six items you use most in a crock on the counter. Drop them in handle first so you can immediately see what to grab. (Knives should live in a drawer, nestled in a holder that protects their blades.) Before buying a new utensil, consider if anything you already own can accomplish the task.

THE TOOL

A single drawer insert may not accommodate everything. Instead, divide the space into columns with expandable drawer dividers. They can go in diagonally to fit long-handled tools in shallow drawers. Measure the height, width, and depth of your drawer to find the right size.

TO BUY: Acacia Drawer Dividers, from \$18 for 2; neatmethod.com.

THE MANTRA

No more than two cooks in the kitchen—and the same goes for utensils. You don't need extras or multiple sizes of an item. For instance, an orange squeezer will fit lemons and limes too.

OUR EXPERTS

BRITTANI ALLEN, OWNER AND LEAD ORGANIZER
AT PINCH OF HELP IN ATLANTA

SCOTT ROEWER, FOUNDER OF THE
ORGANIZING AGENCY IN WASHINGTON, D.C.

PIA THOMPSON, HOME ORGANIZER
AND CEO OF SWEET DIGS IN BROOKLYN, NEW YORK

LISA ZASLOW, FOUNDER OF
GOTHAM ORGANIZERS IN NEW YORK CITY

STYLING BY JEFFREY MILLER



The Container Store®

NEW WAYS TO *Holiday*

From holiday baking and meal prep to sharing with family and friends, the holidays just got easier. Discover new ways to holiday with clever kitchen tools, space-saving wine storage and eye-catching gift wrap. Find it all at [containerstore.com](https://www.containerstore.com).



MONEY

3 Kinds of Financial Folks Everyone Should Know

Call on these experts to feel good about your finances.

BY LISA ARBETTER

MONEY STRESSES US OUT. A full 73 percent of Americans say it's a source of angst in their lives, according to a Capital One survey. That's more than politics (59 percent) or even work (49 percent). Calm your anxious brain by enlisting this trio of experts to build your portfolio, navigate your taxes, lower your debt—and create a healthy financial future.

Financial Adviser: Your Get-to-Your-Goals Coach

HOW THEY CAN HELP: A financial adviser is your big-picture pro, who keeps your money working hard, prepares you for emergencies and retirement, and can help plan your will, explains Krista Aliga, CFP, senior financial adviser at Personal Capital. After going over your financial situation and your goals (saving for a house, paying for education, retiring), they create a detailed plan and recommend products to help you hit your targets. Regular check-ins and frequent tweaks to accommodate life's ever-changing, well, *everything* ensure you stay moving in the right direction. The best part: You don't have to be a robber baron or Bezos to benefit.

WHEN IT'S TIME TO HIRE ONE:

If your finances are such a mess that you can't bear to open your monthly bank statement, if you're not sure you're on track to retire, or if you're paralyzed by the thought of choosing investments, an adviser can lead you through the tangled landscape, Aliga says.

Accountant: Your Tax Guide

WHAT TO LOOK FOR: The term “financial adviser” can actually mean a few things: investment adviser, financial planner, or wealth manager. Sometimes these terms are used interchangeably, and sometimes they indicate that an adviser has a specialty, Aliga says. Whatever term the pro uses, look for the certified financial planner designation (CFP) after their name, which signifies they’ve passed the CFP exams and participate in continuing education. Most importantly, a CFP is a fiduciary, so they’re legally required to act in *your* best interests, not their own, Aliga notes.

COST: Advisers may charge for their services in a few ways, Aliga says. Some earn commission from the companies whose financial products and investments they sell. Others take a percentage of the total amount in your portfolio (usually 1 to 2 percent). Others do a combo of both.

HOW TO FIND ONE: Ask your friends or family if they work with someone they trust. Check your benefits plan to see if your employer offers discounted access. Or consult the National Association of Personal Financial Advisors, the Garrett Planning Network, or XY Planning Network to find fee-only CFPs in your area. You’ll do better business with someone you vibe with, so take advantage of the complimentary consultation many advisers offer. Make sure they seem understanding and explain things in plain language.

HOW THEY CAN HELP: An accountant prepares tax returns and assists with tax planning. “Changing jobs, moving to a different state, or a birth or death of a loved one can have tax implications,” says Sarah Shannonhouse, a certified public accountant and the manager for tax practice and ethics for the American Institute of CPAs. Plus, “if you’re a business owner or an investor, a good accountant can help you organize your finances, set up your accounting system, prepare your taxes, and help you stay compliant with the IRS,” says Kemberley Washington, a CPA in New Orleans.

WHEN IT’S TIME TO HIRE ONE: As life gets more complicated—maybe you sold a home, have a kid in daycare, or separated from your spouse—so do your taxes. An accountant can help

you wade through the mess of forms, deductions, and regulations—and save you from overpaying Uncle Sam.

WHAT TO LOOK FOR: Whether you need an accountant or a CPA depends on the intricacy of your situation. The two critical differences between them are education level and “representation rights.” A CPA must pass a rigorous exam and complete ongoing ethical training, and they’re empowered to represent their clients before the IRS when it comes to audits and collections. They also often charge more for their services. If your needs are more routine, an accountant may be suitable. Whichever you choose, look for someone with experience



preparing returns for taxpayers with a similar situation or business (size and revenue) to your own. Businesses often employ both a bookkeeper, who logs daily transactions and doesn't need a license, and an accountant or CPA, who analyzes the records the bookkeeper creates.

COST: Bookkeepers, accountants, and CPAs structure their fees in a few ways—hourly, fixed, or based on perceived value to clients. Fees vary depending on the job's complexity, the state you live in, and whether you're a business or individual. The average cost to prepare a return with no itemized deductions is \$220; with itemized deductions, it's \$323, according to the National Society of Accountants.

HOW TO FIND ONE: It might be as simple as asking friends with a similar background to yours for recommendations. Once you have a few names, do your research. "Check with your state's board of accountancy or consumer affairs office to determine if your accountant has a valid CPA license," Washington says. "You can also search for an accountant's credentials in the IRS's tax preparer directory." Lastly, set up a consultation to get an understanding of fees and offerings.



Credit Counselor: Your Debt Slayer

HOW THEY CAN HELP: Americans averaged \$5,315 in credit card debt in 2020. If you're in a hole, a certified credit counselor can offer the outstretched hand you need. Depending on your income and expenses, a counselor may recommend a debt management plan to repay your unsecured credit card debts. A DMP lets you make one monthly payment to the counseling agency and receive interest rate reductions based on your situation, explains Lori Pollack, executive director of the Financial Counseling Association of America (FCAA).

WHEN IT'S TIME TO HIRE ONE: "Credit counseling agencies are most frequently used by people with credit card debt," Pollack says. But they can also help with HUD housing, bankruptcy, student loans, and budgeting. If you have medical debt that's in collections—say, from an ill-timed

An accountant can help you wade through the mess of forms, deductions, and regulations.

hospitalization when you were between jobs—the agency may be able to contact the collector and get the payments on a plan, or offer suggestions for repaying the debt.

WHAT TO LOOK FOR: The counselor's agency should be nonprofit and licensed in your state. Check its website to ensure it's accredited by Bureau Veritas or the Council on Accreditation. If the agency is a member of either the FCAA or the National Foundation for Credit Counseling (NFCC), that means it adheres to strict standards of accreditation, state licensing, and counselor certification, Pollack notes.

COST: Always ask about costs when you speak with a credit counseling agency. Fees for DMPs are regulated by state laws, so they vary. But there should be no fee for calling to get information.

HOW TO FIND ONE: Every state has a department that oversees credit counseling and maintains a list of licensed agencies. The FCAA and NFCC have locator features on their sites as well. Before you commit, search for customer reviews and Better Business Bureau ratings. ■



EXPERIENCE BILTMORE LIKE A GUEST OF THE VANDERBILTS.

George and Edith Vanderbilt built their Southern getaway so that friends and family could renew their spirits with fresh mountain air and unmatched hospitality. Today, staying overnight on the estate affords you the same luxuries. So come, relax, and enjoy Biltmore as it was intended.

VILLAGE HOTEL ON BILTMORE ESTATE® ~ THE FOUR-STAR INN ON BILTMORE ESTATE®
COTTAGES ON BILTMORE ESTATE™



EST. 1895

BILTMORE®

ASHEVILLE, NC

ROAD TEST

Souped-Up Serums

The superstars of skin care, serums are worth the extra money and extra step—just apply after cleansing and before moisturizing. Here are six winners (out of 18 tested) for common complexion concerns.

BY ANNEKE KNOT

RELIEF YOU CAN TRUST



AMAZING LOTION!

"It left my skin very hydrated for hours and a little goes a long way. Did not leave a tacky or greasy feeling behind. Absolutely love this lotion."

Coleycole8 | USA
on curel.com, Ultra Healing
(Received an incentive for this review)





BEST FOR DISCOLORATION

Olay Vitamin C + Peptide 24 Brightening
Vitamin C is having a moment, and for good reason: The antioxidant protects skin against aging free radicals (morning application is a must), reduces hyper-pigmentation (see ya, spots), and boosts collagen for a brighter, more even complexion. The icing on your skin-care cake? Olay combined this hero with key peptides to boost efficacy. **TO BUY:** \$39; target.com.



BEST MULTITASKER

Rose Inc. Radiant Reveal Brightening
If you can't pinpoint one problem, try this all-purpose serum that brightens, soothes, and hydrates. **TO BUY:** \$72; roseinc.com.



BEST FOR WRINKLES

Dr. Dennis Gross Skin-care Advanced Retinol + Ferulic Texture Renewal
Encapsulated retinol smooths those crepey areas. Just be sure to pair it with SPF. **TO BUY:** \$72; drdennissgross.com.



BEST FOR DRYNESS

IT Cosmetics Bye Bye Lines Hyaluronic Acid
Hyaluronic acid tag-teams with vitamin B₅ to plump and hydrate pruney skin. **TO BUY:** \$29; itcosmetics.com.



BEST FOR DULLNESS

Olehenriksen Dewtopia 20% Acid Night Treatment
Alpha hydroxy and polyhydroxy acids work the night shift, delivering a radiant glow after about eight weeks of regular use. **TO BUY:** \$55; sephora.com.



BEST FOR ACNE

Selfless by Hiram Salicylic Acid & Sea Kelp Pore Clearing & Oil Control
The salicylic acid unclogs pores while kelp prevents pesky peeling, so skin is clear and calm. **TO BUY:** \$24; sephora.com.

IVY FULL COVERAGE
UNDERWIRE BRA, C-DDD CUP



UNDERSTANCE

Bras and underwear that get you.

Ruth wears 38D.

WWW.UNDERSTANCE.COM





Satisfy your
dog's wild side
with delicious,
meat-rich wet
recipes.

Love them like family.
Feed them like family.®

GUIDES



PETS

Hire a Pet Sitter

If you're traveling without your fur babies, here's
how to find a trustworthy caretaker.

BY JUNO DEMELO

Narrow the Options

If your dog doesn't get along with other dogs, you have two choices: Hire a sitter who can take care of him in your house or theirs, or board him in a pet hotel with private suites. If he needs the company of humans or dogs, consider a cage-free boarding facility, where dogs and humans are around 24/7. Cats need a room in a pet hotel or a sitter who visits your home at least once a day. (Bonus: A pop-in sitter can also collect the mail and water the plants.)

Ask for Recs

Ideally, your friends, family, vet, or groomer can refer you to a sitter they trust. Otherwise, organizations such as the National Association of Professional Pet Sitters and the International Boarding & Pet Services Association can help you find a provider. Choose someone with a lot of positive reviews who has already completed a background check. Ask for references, and don't book them until you've met face-to-face. Which leads us to...

Connect in Person

Schedule a tour of the facility or a meet-and-greet with the sitter. Ask: "How often will my dog get leash time?" (Most dogs require about 30 minutes twice a day.) "Are you insured?" Find out if the facility is climate-controlled and what the pet-to-staff ratio is. Dogs should have enough space to stand up, turn around, and lie on their sides, while cats need at least 10 square feet. Both animals should have room to sleep, eat, and relieve themselves. Good caretakers often book up quickly, so act ASAP.

OUR EXPERTS

JESSICA ABERNATHY, PRESIDENT OF THE NATIONAL ASSOCIATION OF PROFESSIONAL PET SITTERS AND OWNER OF PROFESSIONAL PET SITTERS IN CHICAGO

ANGELICA DIMOCK, DVM, MANAGING SHELTER VETERINARIAN AT THE ANIMAL HUMANE SOCIETY

CARMEN RUSTENBECK, CEO AND FOUNDER OF THE INTERNATIONAL BOARDING & PET SERVICES ASSOCIATION

BORN TO LOVE MEAT

A protein-rich food to feed the wolf inside your dog – BLUE Wilderness™ is made with more of the delicious meat dogs desire. Available with or without grains, each formula contains a precise blend of protein, fat and complex carbohydrates to help your meat-loving dog thrive.

Love them like family. Feed them like family.®

PROMOTION

How do you keep it simple?

Join the REAL SIMPLE INSIDERS community
and share your opinions with our editors,
try new products, go to exclusive events
and receive special offers.

[REALSIMPLE.COM/INSIDERS](https://realsimple.com/insiders)

REALSIMPLE



SCAN AND JOIN

ASSERT YOUR NEEDS / QUIET YOUR MIND / NEW NEIGHBORS PITCH IN

LIVES



5 PERSPECTIVES

Saying Thanks

Inject more gratitude
into your day-to-day life, and
discover that a little
appreciation goes a long way.

BY SHARLENE BREAKY

PROP STYLING BY STEPHANIE YEH

Photograph by Ted + Chelsea Cavanaugh

NOVEMBER 2021 REAL SIMPLE 67

1

Choose your method.

Saying “thank you” isn’t one-size-fits-all. Some people still love to sit down with a box of fancy stationery, but if you’re not one of them, figure out a method that suits you. Do you take photos? Then snap a picture of the board game you received and text it with some quick words. Think about what the recipient would appreciate; that’s part of being grateful.

GRETCHEN RUBIN IS THE AUTHOR OF *BETTER THAN BEFORE* AND *THE HAPPINESS PROJECT* AND THE HOST OF THE PODCAST *HAPPIER WITH GRETCHEN RUBIN*.

2

Remove the obligation.

I wrote 365 thank-you notes in a year, and I learned how joyful the act could make me. My favorite notes reached into my past to thank those who had gone out of their way to help me during my travels. It reminded me that these people—the fabulous couple in Berlin, the owner of the barbecue place in New Orleans—could still be in my life, and I could get in touch with them anytime. I like to say that gratitude helps you see the contours of what’s there, instead of the shadows of what isn’t.

GINA HAMADEY IS THE AUTHOR OF *I WANT TO THANK YOU: HOW A YEAR OF GRATITUDE CAN BRING JOY AND MEANING IN A DISCONNECTED WORLD*.

Think about what the recipient
would appreciate;
that’s part of being grateful.

3

Connect with sincerity.

Research shows we don’t express gratitude often because we think we won’t be articulate enough. But we underestimate how happy a heartfelt note makes people feel. Recipients primarily consider your warmth and your attempt to do something nice. As long as your message is sincere, it’s likely to foster connection in a world that can sometimes feel divided.

AMIT KUMAR, PhD, IS AN ASSISTANT PROFESSOR OF MARKETING AND PSYCHOLOGY AT THE UNIVERSITY OF TEXAS AT AUSTIN.

4

Push yourself to pay it forward.

Expressing gratitude motivates us to do other altruistic things, research has found. Recently my son was in the hospital, and after watching how much the staff assisted him, all I could do to offer thanks was say it out loud. Sharing my feelings helped me understand how connected we are, how much we need one another. Seeing the bigger picture often inspires you to help others.

CHRISTINA KARNS, PhD, IS AN ASSISTANT RESEARCH PROFESSOR IN PSYCHOLOGY AT THE UNIVERSITY OF OREGON.

5

Treat it like an imaginative exercise.

The age-old act of prayer is a way to practice gratitude. My husband and I make a habit of saying grace before dinner. There’s power in slowing down after a long, distracting day and focusing on what we’re doing together. We give thanks for the hands and hearts of those who touched the food on its way to our table. Of course, I don’t know the person who picked the tomato for the sauce, but intentionally thinking about them connects me to another life. This moment shifts the air in the room and propels us forward with new understanding of our interdependence.

MICAH BUCEY IS THE AUTHOR OF *THE BOOK OF TINY PRAYER: DAILY MEDITATIONS FROM THE PLAGUE YEAR*.

REFRESHED

AND READY TO TAKE ON YOUR DAY

Get up to 12 hours of protection with Depend® Night Defense® featuring DryShield™ Technology for a comfortable night's sleep.



DRYSHIELD™
TECHNOLOGY
ALL-NIGHT COMFORT, GUARANTEED*



Get a coupon at [Depend.com](https://www.depend.com)



THE ONLY THING **STRONGER** THAN US, IS YOU.™

*Purchase by 3/31/22. Redeem within 30 days of purchase. See [Depend.com/guarantee](https://www.depend.com/guarantee) for details.

*™Trademarks of Kimberly-Clark Worldwide, Inc. or affiliates. ©KCWW

Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



C.G. ASKS...

After we had a basketball hoop installed on our driveway, our next-door neighbor said she'd let me know when her baby was sleeping so my children wouldn't play during her baby's nap. There are more than 50 kids on our block, and they play all over the neighborhood. How should I respond?



HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at modernmanners@realsimple.com.

Someone has made a demand you have the right not to accommodate. So how can you maintain a cordial relationship with your neighbor without shutting down the kids' fun? Assume you're dealing with an exhausted new parent who may be at her wit's end (hence the presumption of her request), then brainstorm with her. "We had good luck with a white-noise machine when our kids were small," you could say, or "Is there a room for napping on the side of your house that's farther from the hoop?" Your big kids were napping babies once; one day her wee one will run around noisily with the pack. If there's a compassionate way to emphasize the commonality here, try that first. It will be the best approach to solving—or at least mitigating—your neighbor's problem.

K.G. ASKS...

My husband and I love to give birthday gifts to our nieces and nephews, but when our son recently turned 1, none of his aunts or uncles gave him a present. It seems we are the only ones who give gifts. Should we stop?

You should if you want to. But before you do, consider this: These are gifts for children, and I imagine you enjoy the giving and the kids enjoy the getting. You can decide to keep doing something generous that brings you and others pleasure, even if there's not the reciprocity you hoped for. If you're resentful, though, then either stop or reach out to your family. "Do you guys want to figure out a system for giving presents to the kids?" you could ask. "I know we've got a lot of people to organize." A secret-drawing gift exchange at the holidays might be a fun compromise, since it doesn't obligate anybody to buy a slew of gifts they can't afford or don't have time to choose and send. And if you get crickets in response, at least you'll know where you stand.

K.J. ASKS...

I walk my dog in the neighborhood and often see a fellow dog walker whose small dog pulls on his leash, causing him to choke and gasp for air. How can I suggest a more humane harness for the dog without making the owner feel bad?

When my son was a baby, strangers had a way of talking to me about their concerns—the sun in his eyes, say, or his general fatness—that made me want to have my ears sawed off. But if anyone had said, “Forgive me. I’m so neurotic, but...,” I would have been much more open to their advice. So that’s what I’d recommend: a gentle expression of worry that leaves room for the fact that you might sound like a busybody or even be wrong about what you’re seeing. “I’m sorry if I’m overstepping,” you can say. “But I have a weirdly particular anxiety about dogs choking on their collars. Have you considered a harness for this little guy?”



S.S. ASKS...

I’m never sure how to pass by someone in a theater. Should you face the person you’re passing in front of, or pass with your back to the person?

Choose your own adventure in awkwardness! Face the stage with your bum toward the people, or face the back of the theater and manage the bizarre intimacy of eye contact as you inch past. Etiquette experts are split on this—as is my family. My husband pantomimed his absurd method of sliding past with his rear tucked under; my daughter said simply, “I err on the side of my butt not in someone’s face.” Honestly, it doesn’t much matter. Just minimize the disruption, apologizing and thanking as you go. And if you know you’ll have to get up a lot? Try to get an aisle seat.

S.E. ASKS...

I see my best friend about once every two months. It’s always a gabfest, and I love it. The thing is, she tends to tell me the same long, involved stories, almost word for word, that she’s already told me on the phone or the last time I saw her (and often both). She clearly enjoys telling her stories, so how can I politely cut in and be like, “You told me this one already”?

I also have a slight tendency to repeat myself, and my daughter has a lovely way of cuing me. “Oh my gosh! I remember you telling me,” she says. “That’s the best story.” It’s the perfect solution: She gets to not hear the same thing all over again, and I get to be led gently away from my repetitive inclinations. In case your friend—or someone like us—is reading this, I have developed the habit of introducing a story and then checking in with a question like “Wait, have I already told you this?” This gives the person a chance to cut me off before they flatten into their chair with boredom.

ABOUT CATHERINE

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You’re Grown Up*, Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.



FAMILY

A Separate Peace

Of course you adore your loved ones—but you're allowed to catch a moment to yourself. Here's how to set boundaries with compassion.

BY LISA ARBETTER

“I DON’T HAVE TIME to do anything for myself!” Therapist Nedra Glover Tawwab hears this complaint on heavy rotation from patients who are stressed out, burned out, and worn out—women who resent their families because they’ve sacrificed their own mental, physical, and emotional well-being to tend to everyone else’s needs. If this sounds like your life, there’s a solution—and it’s not changing your identity and escaping to the Seychelles. It’s setting boundaries. “Boundaries are clearly expressed expectations and needs that help you feel safe and comfortable in your relationships,” says Tawwab, author of *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself*.

After seemingly endless months of pandemic pods, working from your couch, and homeschooling, you may not even remember what it feels like to be a separate person with time and space to do what fulfills you (or to do nothing at all). But boundary setting is a form of self-care that’s just as important as eating well and getting enough sleep. “We treat self-care as an optional practice,” Tawwab says. “It’s what we do after everything else, but it should be what we do *before* anything else.” By saying no to something in order to say yes to your own needs, she explains, you might avoid the burnout, depression, and anxiety she sees in many of her patients.

There are a lot of complicated emotions swirling around caregiving roles, but we’ll tackle them one at a time.

What if I seem rude?

Setting boundaries can be uncomfortable, partially because of the way women are often socialized—to be agreeable and nurturing. “As a woman, you’re not supposed to need much. ‘Hey, I’m low-maintenance.’ ‘Thanks, I’m fine,’” says Kasia Urbaniak, author of *Unbound: A Woman’s Guide to Power*. One way to cope with the uneasiness of setting limits: Reframe how you think about them. “The intention of establishing a boundary is to make your relationships much better,” Urbaniak says. It’s not a reprimand, but an appeal for cooperation from people you love. You’re asking your family for help with your happiness, which in turn will make you a more patient and present partner, sibling, or parent.

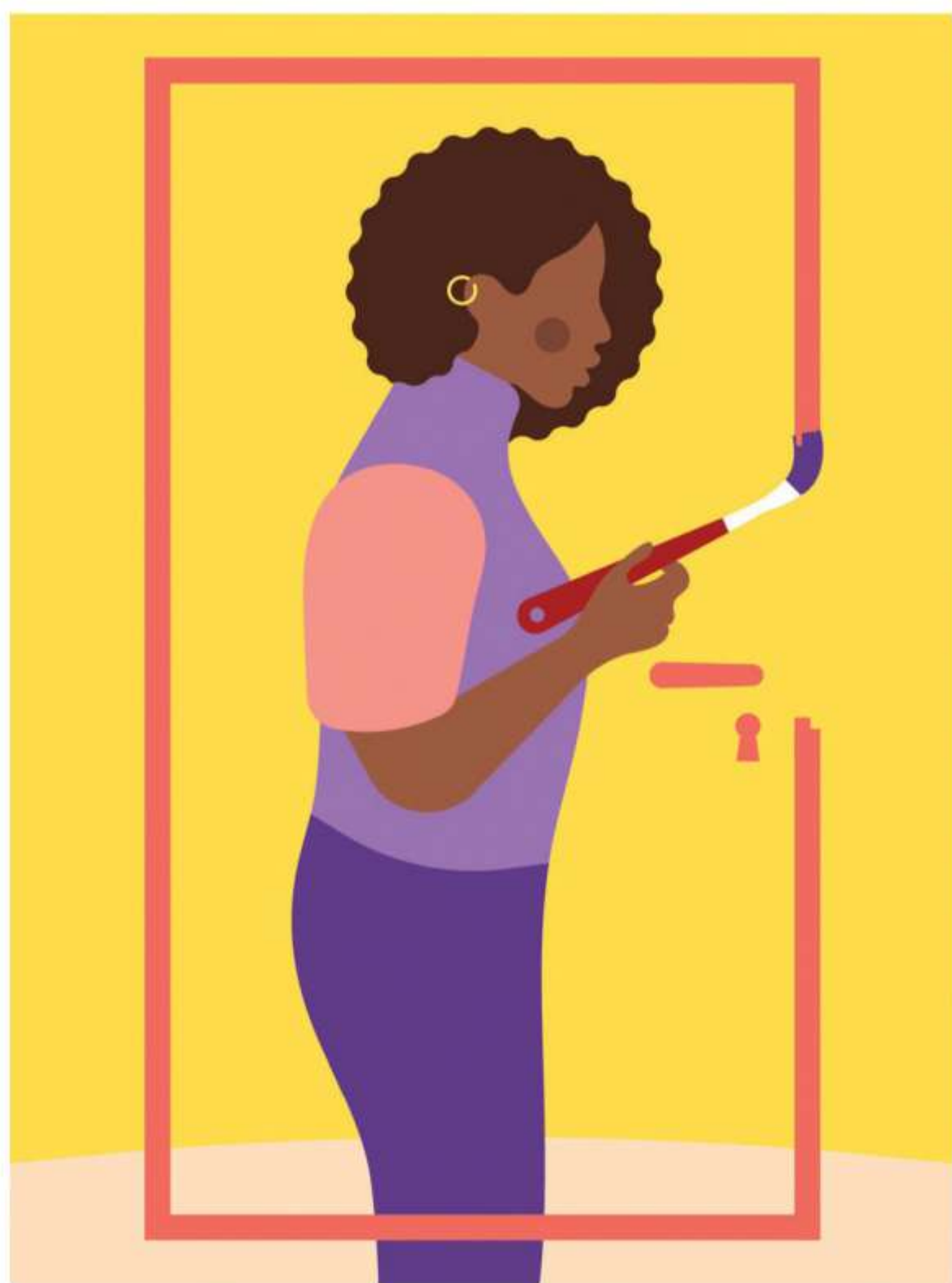
So how do I get started?

First set boundaries with yourself. Choose a few nonnegotiables, such as “I take a walk every day at lunch” or “I set aside time to sit in silence every morning.” Assert them without apology, and schedule them into your calendar if you need to. Self-care practices are most effective when done daily—but every bit counts.

What’s the best way to express my boundaries?

Communicate clearly and follow up diligently. Tawwab advises keeping your message short and to the point. “State your boundary in one or two sentences,” she says. “Stick to ‘This is my solution for this issue.’” For instance: “I’m happy to travel to your family’s house on Thanksgiving, but I don’t want to stay the entire weekend. I need some time to decompress.” Don’t bring up the past (“That time you made us stay 10 days was miserable!”), which may cause an unnecessary argument and derail your conversation. And don’t tack on too many details (“I have a big meeting that next week and I haven’t been sleeping well and I’d have to cancel my hair appointment”), which may obscure your point entirely.

Once the boundary is set, you need to reinforce it, which may mean repeating yourself several times. To help manage your impatience at having to say the same thing over and over, Tawwab suggests thinking about the last time you tried to change a habit. Chances are you had a few false starts before the new routine took hold. When setting a boundary, you are essentially asking your family members to break a habit—one they’re not even that invested in breaking—so cut them some slack and expect a little backsliding.



I feel like my family should just know I need time alone.

You can't assume your family members know what you want. If you go to another room and close the door, you might think they understand you need some space—until someone knocks or, worse, bursts in and starts talking. Instead of getting angry, take it as a sign that your boundary needs to be made explicit. "Clarity saves relationships," Tawwab says. Tell them, "Hey, I'm in here trying to relax for about 30 minutes. I'll be out soon."

Those of us who are people pleasers assume others won't like us when we advocate for what we want. But people tend to appreciate honesty.

Being needed is kind of my thing. I can't seem to say no when my family asks for my help.

"Those of us who are people pleasers assume others won't like us when we advocate for what we want," Tawwab says. "But people tend to appreciate honesty and don't abandon us if we say no." The key is to strike a balance between your needs and the needs of others. The next time you get a request, buy yourself time so you can think about your decision instead of giving a knee-jerk yes you'll have to weasel out of later. Urbaniak suggests a very effective technique to avoid automatically committing to something: Slow down the conversation by asking questions. "What exactly will this entail?" "How long do you expect this to take?" "Have you asked anyone else?" This gives you a moment to collect your thoughts (and more information). "It's harder to backtrack on an automatic yes than to not deliver one in the first place," Urbaniak says. And reneging may leave the other person even more disappointed.

Boundary setting can feel mean. How do I tell my constantly complaining sister that she drains me?

You can try changing the subject or leading by example and not complaining yourself. But if that doesn't work, Tawwab suggests saying something like "I don't want to contribute by saying anything negative about the situation" or "Tell me something good that happened today." If you still find the conversations depleting, limit the length and frequency of your chats. You could set a time for a weekly or monthly catch-up, which will assure her she'll have your ear (for a little while) and might stop the incessant calls.

What if I get pushback?

Yes, people may question or simply ignore your boundaries. Instead of shutting down or lashing out, Urbaniak recommends asking them what's fueling their need for you. Once you know their concerns, collaborate on a solution. You might need to explain how this boundary will make you happier, which benefits you both. "You know my mood improves a million times when I sneak in even a 20-minute walk," you can say, "so I'll be a much better dinner companion." ■



MORE POWER TO YOU™

DEEPER CLEAN WITH FEWER INGREDIENTS*

*vs. original ARM & HAMMER™



CERTIFIED SAFER FOR YOU AND YOUR FAMILY



Made with 6 essential ingredients;† delivers the deep clean you need from the brand you trust.
ARM & HAMMER™ Clean & Simple™ Deeper Clean, Fewer Ingredients.‡

†plus water

‡vs. original ARM & HAMMER

GO BEYOND FOOT PAIN

Frankincense & Myrrh®

Temporary Pain Relief & Hydrating Skin Repair



Intensive Foot Therapy - Lotion

Dual action, fast-acting foot pain relief and hydrating skin repair with NO side effects.

Scan to buy



Neuropathy - Rubbing Oil

Quick relief for burning, tingling, shooting pain and numbness with NO side effects.

In-store Manufacturer's Coupon Expires 12/31/2022

\$2 OFF

RS1121 When you buy ONE (1) Frankincense & Myrrh product

Find in the Diabetic Care aisle



Walmart
Save money. Live better.

Walgreens

amazon

CVS
meijer

SPROUTS
FARMERS MARKET

INDEPENDENT
PHARMACIES

Retailer: Wise Consumer Products Co. will reimburse you for the face value of this coupon plus \$0.08 handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to cover presented coupons must be shown upon request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax Cash value 1/100¢. Reproduction of this coupon is expressly prohibited. Mail to: Dept. Wise CPC, PO Box 42400, Blue Ash, OH 45242

Real Women. Expert Advice.

"How can I
pay off debt—
without sacrificing
my social life?"

"Is now a bad
time to start
a business?"



NAMED TO
SPOTIFY'S
"BEST NEW
SHOWS OF 2021"
PLAYLIST

"What should
I do first: invest
or pay off my
student loans?"



Discover Money Confidential, REAL SIMPLE's weekly podcast, hosted by nationally recognized millennial money expert Stefanie O'Connell Rodriguez.

This new podcast explores the many aspects of money: making it, saving it, investing it, giving it, spending it and—sometimes, hardest of all—talking about it.

NEW EPISODES EVERY MONDAY.

LISTEN & FOLLOW
VISIT
[realsimple.com/
moneyconfidential](https://realsimple.com/moneyconfidential)
or SCAN



Available on all
podcast platforms.

THE HELPFUL MIND

How to Get Over Overthinking

Avoid getting lost in a mental house of mirrors with these strategies.

BY RACHEL SYLVESTER



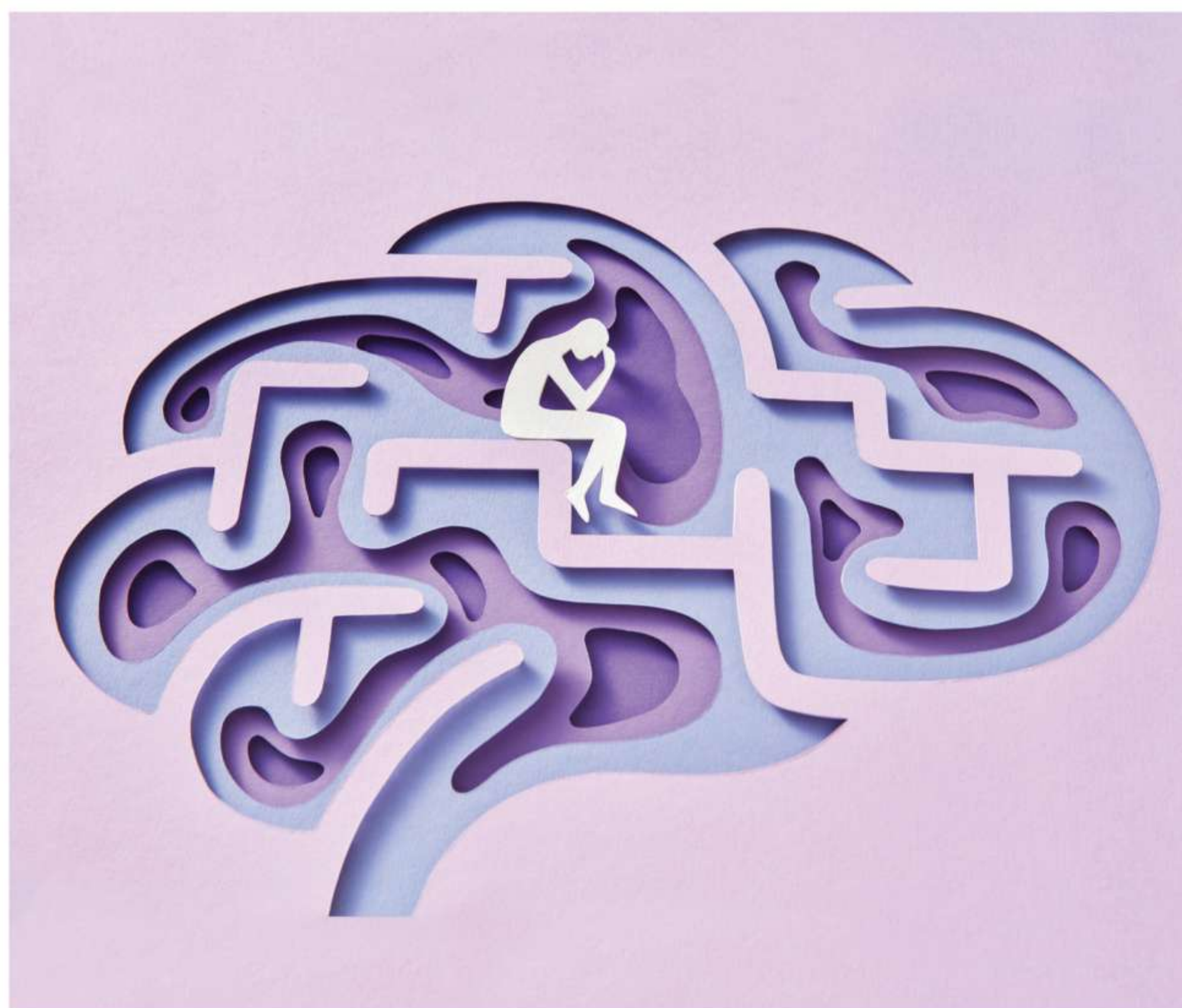
IF OVERTHINKING is akin to mental gymnastics, then call me Sunisa Lee. I could win gold for my daily rumination routine, with its high-flying anxieties and twisting unease. My individual all-around includes a stream of fretful thoughts (“Is she mad I said that?”) and perfectionistic obsessions (“OK, this story is finally polished after 400 passes!”). The only issue: I’m often unable to dismount from my deliberations, which becomes mentally and physically taxing. Of course, this is not a problem unique to me. Thinking too much is common among adults: 52 percent of 45- to 55-year-olds are overthinkers, one study found, with women more prone to excessive ruminating. Add the events of the past year and a half, and our minds have been spinning nonstop. “Overthinking is at an all-time high, with the pandemic being catnip for the ruminator,” says Jon Acuff, author of *Soundtracks: The Surprising Solution to Overthinking*. Since there’s no cognitive Off switch for brooding, we asked Acuff and other experts for tips on how to silence our inner nitpickers.

Neutralize the Negative

“A little self-doubt is normal when you’re analyzing your past or thinking about the future,” says Susan David, PhD, author of *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*. When we’re beset by outside stressors, it’s common to assess what went wrong and anticipate what might go wrong later. Rather than fault yourself for the swirl of thoughts, tell yourself you’re troubleshooting and planning. (“If the deal falls through, I’ve already imagined how I’ll respond.”)

Hone Your Thoughts

Reassess your personal soundtrack—those thoughts that play on a loop in your mind—if they include distorting words like “always,” “never,” and “forever.” The more you hear that kind of message, Acuff points out, the more you believe it—regardless of whether it’s true. He also notes that people often assume thoughts are something they just *have*, not something they hone. “My most type A friends lay out their gym clothes before a workout, but they don’t lay out their thoughts before a meeting,” Acuff says. Scripting your self-talk (for instance, “I know this sales presentation inside and out”) helps you prepare for any challenges—and stop worrying about them.



Get Granular with Your Emotions

Whenever your brain starts squawking, try to identify the exact emotion you’re experiencing. “Ask yourself, ‘What’s at the core of what’s going on here?’” David says. Instead of using a general label like “worry” or “stress” to describe your mental state, drill down deeper into those feelings. “The thing you call ‘stress’ may be a sense of vulnerability and concern about an outcome,” David says. If you think, “I’m so stressed about my deadlines,” ask yourself what that really means. Are you insecure about your abilities? Do you feel unsupported at work? Just the act of investigating your thoughts slows the spiral and lets you help yourself.

Walk It Off

The next time intrusive thoughts barge in, take a short walk through a park or down a tree-lined street. “Nature acts as a sort of battery to help replenish our attention to what’s around us,” says Ethan Kross, PhD, author of *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*. Your focus will be gently pulled toward your surroundings—leaves! A robin’s nest! A Little Free Library!—helping you shake off your analysis paralysis. ■

CLICK. FLOW. REPEAT.

FEEL THE WEIGHT OF THE DAY SLOWLY FADE AWAY,
ONE BRICK AT A TIME.



ADULTS WELCOME



[LEGO.com/adults-welcome](https://www.lego.com/adults-welcome)

LEGO and the LEGO logo are trademarks of the LEGO Group. ©2021 The LEGO Group. © 2021 adidas AG. Adidas, the Trefoil logo and the 3-Stripes mark are registered trademarks of adidas.
©TOKYO-SKYTREE東京スカイツリー®/東京晴空塔®/TOKYO SKYTREE. © 2021 MARVEL

ADVERTISEMENT

REAL SIMPLE® 1-800 flowers.com
COLLECTION

Autumn Elegance™

EXCLUSIVELY AT 1800FLOWERS.COM/REALSIMPLE

20% OFF
WITH CODE
AERS20

ENDS 11.30.21
While supplies last.

Autumn Elegance™
by Real Simple®

© 2021 TI Inc. Affluent Media Group,
a division of Meredith Corp. All rights reserved.

FIRST PERSON

CITY OF BROTHLY LOVE

Soon after relocating with her family, *Caroline Wright* got a shocking brain cancer diagnosis. That was all it took for neighbors and strangers to become her friends—and show up bearing jar after jar of soup.



THE SPLITTING HEADACHES started after an eventful summer. I'd moved across the country to Seattle with my husband, 3-year-old, and newborn. We'd begun renovating a dilapidated 1906 home we'd spent all our savings on. I was writing a cookbook that sent me to Spain, which required me to pump 100 bottles of breast milk before leaving my two sons with my parents. Then, that fall, when I was back with my family in my (still under-construction) home, the headaches intensified along with the Pacific Northwest darkness. As I explained the sheer chaos of my life to my new doctor, she became convinced my symptoms were stress related. It was my offhand description—they felt like bad sinus headaches behind my right eye—that caused her to pause and order an MRI. But I was 32 and in good health, so we both believed the scan to be routine.

So routine, in fact, that I drove myself to the MRI appointment a few weeks later, missing the turn into the parking lot three times despite using GPS on my phone. And I was alone again when my doctor called a few hours later to inform me that the scan had revealed a brain tumor the size of a clementine in my frontal lobe. All the bouts of extreme spaciness I'd been feeling, including when I missed the turn to the MRI and when I lay in the machine itself, had actually been countless silent seizures.

The following week, I had brain surgery to remove the tumor. A week after that, I learned it was a glioblastoma, an aggressive brain tumor my doctors hadn't prepared me for because they thought I was too young to worry about it. I was given a year to live.

Being infirm, bedridden, and pitied was as hard to accept as the diagnosis itself. My two young sons retreated from the sight of my swollen, shorn scalp studded with staples. It was in that moment, while I lay in bed and listened to them play on the other side of my closed bedroom door, that I decided if I only had a year to live, I would do it as myself, as their mom, and not as a patient.



Recovering at home after surgery, Caroline snuggled with her sons, Henry and Theodore. Opposite: Caroline, husband Garth, and the boys recently delivered jars of soup.

I began waking up each day and devoting my life to two narratives: I would die, but I would also live.

I arrested my life as I knew it. As I asked my body to endure the inhuman experience of three months of targeted radiation followed by a year of extremely toxic chemo, I swapped every habit for a softer version. I stripped inflammatory food from my diet, stopped worrying about my career, and sought quiet in all corners of my life. I started practicing yoga, the gentle kind in a class of old ladies, and began to think about sleep and water and breath as fuel. My energy became precious, another child to care for. On my page on CaringBridge (a journaling site for sharing health updates with loved ones), I wrote constantly—to preserve my love and thoughts for my sons in case I died, but also, simply, because I still could. I wrote from the part of myself that cancer couldn't touch. My words, though written for my sons' sake, connected me to so many people I'd met throughout my life, and many I hadn't yet.

My family had only lived in our house for about six months before my diagnosis, but even so, support appeared around us as though we'd lived there for years. One neighbor stopped by to babysit while I was at an appointment, and I returned to find a spotless home and my boys happily playing with toys her sons had outgrown. A mom I'd met twice insisted



People began calling
me “miracle”
more than “patient.”
Then the prescriptions
stopped, as if it
had all been a dream.

on whisking away my toddler son every Wednesday, bringing our family dinner with each pickup. After I casually mentioned craving homemade soup on CaringBridge, jars appeared on my doorstep three times daily for months, each jar accompanied by a deeply personal note from the stranger who’d left it. Allowing people to witness my struggle made them a part of my life. In fact, I was only able to focus on myself the way I did because a community formed around me to handle the rest.

My relentless search for hope, combined with my belief in the collective power of small changes and kindnesses, made me stronger. I followed the path offered by my doctors, of course, but I also developed a real faith in my instincts, and in my body’s innate ability to survive and heal. I kept

an open mind and explored alternative therapies, doing my own trials with CBD, for example, after reading a study linking it to success with glioblastoma. I joked I would have eaten monkey scat if a study suggested that doing so might give me more time with my kids. I grew leaner, more clear-headed, and healthier than I’d ever been in my life. My blood work improved. My doctors were surprised—as much by my attitude as my progress in treatment. Oddly, it was while I was allegedly dying of brain cancer that I became healthier than ever.

On the anniversary of my diagnosis, the one my surgeon warned I wouldn’t see, I made a cake and invited all the helpers, my beloved new friends, to celebrate my “rebirthday” and our connection. Around that time, my doctors started talking about survival, and people began calling me “miracle” more than “patient.” Then the prescriptions stopped, and there I was, free to live again as if it had all been a dream.

But I was, and remain, forever changed. Just after that anniversary, I started to make soup every week for those friends who had cooked for me, to feed their families and heal them in ways they didn’t know they needed, in the form of a soup club. That club eventually restored to me all my strength, as well as my connection to cooking, which had been a lifelong cornerstone of my identity. The flourishing of my career followed: Like the rest of my life, it is fuller now than it has ever been. I’ve had clear scans for four years. I am still dropping off jars of soup on my friends’ porches during the rainy months of Seattle winter, and I share homemade cake with them at my annual “rebirthday” party. Cancer taught me that living connected to others—accepting help as a form of love and loving in return—is nothing less than the definition of being truly alive. ■



ABOUT THE AUTHOR

Caroline Wright’s cookbook, *Soup Club*, comes out this fall. Her favorite soup is tomato and quinoa. Find her at carolinewrightbooks.com.

A top-down photograph of a wooden table. In the upper left, a large black bowl filled with Brussels sprouts salad, topped with pecans, cranberries, and shaved cheese, with two white-handled forks. In the lower right, a roasted turkey on a platter with lemon slices and bay leaves. In the center, a small blue candle holder with a lit candle.

Brussels Sprouts Salad

Packed with crunch and pops of flavor thanks to toasty pecans, sweet cranberries, and salty cheese, this salad is the fresh counterpoint the meal demands.

Be an Early Bird

These make-ahead recipes are your ticket to a less stressful, more joyful holiday.

BY JENNA HELWIG

PHOTOGRAPHS BY VICTOR PROTASIO



Smoky Maple Turkey

This bird is roasted with smoked paprika and sweet maple butter, so it has just enough intrigue to please the foodies at your table—but not so much that the purists will revolt.



Vegetarian Gravy

Instead of busting out a second gravy for your vegetarian niece, make this one for the whole table. It has as much flavor as the usual last-minute turkey-and-drippings production.

Sour Cream Mashed Potatoes

Silky spuds are notoriously tricky to reheat, but warming them low and slow, plus adding a little more half-and-half, keeps them smooth.

Smoky Maple Turkey

ACTIVE TIME **30 MINUTES**
TOTAL TIME **4 HOURS**
SERVES **8**
MAKE UP TO **1 DAY AHEAD**

The genius trick for reheating roasted turkey comes from food writer Aimée Wimbush-Bourque, author of *Brown Eggs and Jam Jars*. The lettuce keeps the turkey meat from drying out in the fridge and during reheating. But if crispy skin is your jam, you'll want to roast the turkey the day of the meal.

- 1 12- to 14-lb. whole fresh turkey, gizzards removed
- 6 Tbsp. unsalted butter, softened
- 2 Tbsp. pure maple syrup
- 2 tsp. smoked paprika
- 1 tsp. freshly ground black pepper
- 1 medium lemon, zested (about 1 tsp. zest) and halved
- 2½ tsp. kosher salt, divided
 - 1 yellow onion
 - 1 head garlic, halved crosswise
 - 2 cups apple cider
 - 1 head iceberg lettuce, separated into leaves, if storing
- ¼ cup chicken broth, if storing

PLACE turkey, breast side up, on a rack in a large roasting pan. Dry with paper towels and tuck wing tips under. Let stand at room temperature for 1 hour.

PREHEAT oven to 450°F with rack in lower third position. Stir together butter, syrup, paprika, pepper, lemon zest, and 2 teaspoons salt in a medium bowl. Using your fingers, carefully loosen skin at base of turkey breast and thighs.

Spread about ¼ cup butter mixture under skin, taking care to keep skin from tearing. (If you can't reach all the meat, that's OK.) Spread remaining butter mixture over skin of breast and wings. Sprinkle breast and wings with remaining ½ teaspoon salt.

CUT onion in half lengthwise (reserve 1 half for another use). Place lemon halves, onion half, and garlic halves in cavity. Tie drumsticks together with kitchen twine. Pour cider into pan.

PLACE turkey in oven and immediately reduce oven temperature to 350°F. Roast until a thermometer inserted in thickest portion of thigh registers 165°F, 2 to 2½ hours, rotating pan halfway through. After 1 hour of roasting, add water to pan to a depth of ½ inch. Tent breast and legs with foil if needed to prevent overbrowning.

TO SERVE IMMEDIATELY: Transfer turkey to a cutting board; let rest for 30 to 60 minutes. Remove kitchen twine, carve, and serve.

TO STORE AND PREP AT FEAST TIME: Transfer turkey to a cutting board; let rest for 45 minutes. Remove kitchen twine and carve. Let cool for 30 minutes. Line an oven-safe 13-by-9-inch baking dish with about half of lettuce leaves. Arrange carved meat on lettuce and drizzle with broth. Cover turkey with remaining lettuce leaves and seal dish tightly with aluminum foil. Refrigerate for up to 1 day. To serve, bake turkey in foil-covered baking dish at 350°F until heated through, 30 to 45 minutes. Discard lettuce and serve.

Vegetarian Gravy

ACTIVE TIME **25 MINUTES**
TOTAL TIME **50 MINUTES**
SERVES **8**
MAKE UP TO **4 DAYS AHEAD**

- 2 Tbsp. olive oil
- 1 cup chopped yellow onion (from 1 onion)
- ½ cup chopped celery (from 1 stalk)
- 8 oz. fresh cremini or button mushrooms, chopped
- 3 cups vegetable broth, plus ½ cup if reheating
- ¼ cup unsalted butter
- ¼ cup all-purpose flour
- 1 Tbsp. dry white wine
- ½ tsp. soy sauce
- ¼ tsp. freshly ground black pepper, plus more for serving

HEAT oil in a medium saucepan over medium. Add onion and celery; cook, stirring often, until tender, 8 to 10 minutes. Add mushrooms; cook, stirring often, until mushrooms start to brown, 8 to 10 minutes.

ADD broth and bring to a boil over medium-high. Reduce heat to medium-low; simmer, stirring occasionally, for 20 minutes. Pour broth mixture through a fine-mesh strainer into a large liquid measuring cup or heatproof bowl. Press down on vegetables to extract as much liquid as possible; discard vegetables.

WIPE pan clean. Add butter and melt over medium. Whisk in flour; cook, whisking constantly, until light golden brown, 2 to 3 minutes. Gradually whisk in broth mixture. Bring to a boil over medium-high, whisking often. Reduce heat to medium-low; simmer, whisking occasionally, until thickened, about 5 minutes. Whisk in wine, soy sauce, and pepper.

TO SERVE IMMEDIATELY: Top with more pepper.

TO STORE AND PREP AT FEAST TIME: Refrigerate for up to 4 days. To serve, reheat over medium-low until warm, about 5 minutes. Whisk in ½ cup broth; cook, stirring occasionally, until heated through, about 5 minutes. Transfer to a serving bowl and top with more pepper.



Buttery Pull-Apart Rolls

Instant mashed potato flakes bring tenderness to these wow-worthy rolls, and onion and garlic powders deepen the flavor. To take them completely over the top, serve with more butter and honey for drizzling.



**Cornbread
Sausage Dressing**

There's no need to cook
this dressing in the
bird—it's packed with
deliciousness as is!

Sour Cream Mashed Potatoes

ACTIVE TIME **20 MINUTES**
TOTAL TIME **35 MINUTES**
SERVES **8**
MAKE UP TO **3 DAYS AHEAD**

- 3 lb. Yukon Gold potatoes, peeled and halved, or quartered if large
- 2½ tsp. kosher salt, divided, plus more for boiling
- 5 Tbsp. unsalted butter, divided
- 1 leek, white and light green parts only, sliced into half-moons (about 1½ cups)
- 2 large cloves garlic, grated with a Microplane or minced
- 1 cup sour cream
- ½ cup half-and-half, warmed, plus more if reheating
- ½ tsp. freshly ground black pepper, plus more for serving

PLACE potatoes in a large pot and cover with cold water by 1 inch. Generously salt water and bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, until potatoes are very tender but not falling apart, 20 to 30 minutes. Drain. Press with a ricer and return to pot, or mash with a potato masher.

MEANWHILE, melt ¼ cup butter in a medium skillet over medium. Add leek and ½ teaspoon salt. Reduce heat to medium-low; cook, stirring occasionally, until leek is very tender, 10 to 15 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute.

ADD sour cream, half-and-half, leek mixture, pepper, and remaining 2 teaspoons salt to potatoes. Stir well to combine.

TO SERVE IMMEDIATELY: Transfer to a serving dish. Top with remaining 1 tablespoon butter and more pepper.

TO STORE AND PREP AT FEAST TIME: Refrigerate for up to 3 days. To serve, heat ½ cup half-and-half in a large pot over medium-low until warm, 2 to 4 minutes. Stir in potato mixture. Cover and cook, stirring occasionally, adding more half-and-half if needed, until warm, 10 to 15 minutes. Season with salt to taste. Transfer to a serving dish and top with 1 tablespoon butter and more pepper.

Cornbread Sausage Dressing

ACTIVE TIME **25 MINUTES**
TOTAL TIME **1 HOUR, 10 MINUTES**
SERVES **8**
MAKE UP TO **1 DAY AHEAD**

- 2 Tbsp. olive oil, divided, plus more for baking dish
- 1 lb. Italian pork sausage (sweet, hot, or a combination), casings removed if necessary
- 2 cups chopped yellow onions (from about 2 onions)
- 2 cups chopped celery (from about 5 stalks)
- ½ cup chopped green bell pepper (from 1 pepper)
- 1 large Honeycrisp apple, cored and chopped (about 2 cups)
- 1 tsp. celery seed
- 2½ tsp. kosher salt, divided
- ¼ cup dry white wine
- 1½ lb. cornbread (preferably day-old), cut into 1½-in. cubes (about 9 cups)
- ¼ cup chopped fresh sage, plus leaves for serving
- 1 tsp. freshly ground black pepper
- ¾ cup chicken broth
- 2 Tbsp. unsalted butter, cut into ¼-in.-thick slices

Buy cornbread at your grocery store's bakery, or whip up your own with two boxes of Jiffy.

HEAT 1 tablespoon oil in a large skillet over medium. Add sausage; cook, stirring often to crumble into medium-size pieces, until browned, 8 to 10 minutes. Using a slotted spoon, transfer sausage to a bowl.

ADD remaining 1 tablespoon oil to skillet and reduce heat to medium-low. Add onions, celery, and bell pepper; cook, stirring occasionally, until vegetables are tender, 10 to 12 minutes. Add apple, celery seed, and 2 teaspoons salt; cook, stirring occasionally, until apple is tender, about 5 minutes. Add wine; increase heat to medium. Cook, stirring occasionally and scraping up any browned bits on bottom of skillet, until wine has almost completely evaporated, about 2 minutes. Return sausage to pan.

COMBINE cornbread pieces, sausage mixture, sage, black pepper, and remaining ½ teaspoon salt in a large bowl. Gently stir to combine, taking care not to completely crumble cornbread pieces. Gently fold in broth. Transfer to a 13-by-9-inch baking dish lightly greased with oil.

TO SERVE IMMEDIATELY: Preheat oven to 350°F. Cover baking dish with aluminum foil; bake for 20 minutes. Remove foil and top with butter slices. Continue baking until lightly browned, 20 to 25 minutes. Top with sage leaves.

TO STORE AND PREP AT FEAST TIME: Cover baking dish with aluminum foil and refrigerate for up to 1 day. To serve, preheat oven to 350°F. Let dressing sit at room temperature while oven preheats. Bake for 20 minutes. Remove foil and top with butter slices. Continue baking until lightly browned, 20 to 25 minutes. Top with sage leaves.

Buttery Pull-Apart Rolls

ACTIVE TIME **25 MINUTES**
TOTAL TIME **2 HOURS, 40 MINUTES**
SERVES **8**
MAKE UP TO **2 WEEKS AHEAD**

- 1¼ cups lukewarm (100°F to 110°F) water
- 1 ¼-oz. envelope active dry yeast
- ½ cup (1 stick) unsalted butter, at room temperature, divided
- 3¼ cups all-purpose flour, plus more for dusting
- ½ cup uncooked instant mashed potatoes
- 2 Tbsp. granulated sugar
- 1 large egg, at room temperature
- 2¾ tsp. kosher salt
- 1 tsp. onion powder
- ½ tsp. garlic powder
- Cooking spray
- 6 Tbsp. finely chopped fresh flat-leaf parsley, divided
- ¼ tsp. flaky sea salt

STIR together water and yeast in bowl of a stand mixer fitted with a dough hook attachment, or in a large bowl. Let stand at room temperature until yeast is foamy, 5 to 10 minutes.

CUT ¼ cup butter into 6 pieces. Add flour, instant potatoes, sugar, egg, kosher salt, onion powder, garlic powder, and butter pieces to yeast mixture. Beat on medium-low until smooth and elastic, 6 to 8 minutes. Alternatively, mix by hand with a sturdy spoon until a rough dough forms. Transfer to a lightly floured work surface; knead until smooth and elastic, 6 to 8 minutes.

SHAPE dough into a smooth ball. Place in a large bowl lightly greased with cooking spray, turning to coat on all sides. Cover tightly with plastic wrap or a bowl cover. Let stand in a warm place (75°F to 80°F) until dough doubles in size, 1 to 1½ hours.

LIGHTLY grease a 10-cup Bundt pan with cooking spray. Melt remaining ¼ cup butter. Divide dough into 16 equal pieces; shape into balls, flouring hands lightly if needed. Place 8 balls in base of pan. Drizzle with 1 tablespoon melted butter and sprinkle with ¼ cup chopped parsley. Top with remaining 8 balls and another 1 tablespoon each melted butter and parsley.

TO SERVE IMMEDIATELY: Cover Bundt pan tightly with plastic wrap or a bowl cover; let stand in a warm place (75°F to 80°F) until rolls double in size, 45 minutes to 1 hour. Preheat oven to 350°F during last 30 minutes of rising. Uncover and bake until golden brown, 25 to 30 minutes. Immediately unmold and invert onto a wire rack. Remelt remaining 2 tablespoons butter, if needed, and stir in remaining 1 tablespoon parsley. Brush over rolls and sprinkle with flaky sea salt. Serve warm.

TO STORE AND PREP AT FEAST TIME: Cover Bundt pan tightly with plastic wrap; refrigerate overnight (12 hours). Cover and refrigerate remaining 2 tablespoons melted butter and 1 tablespoon parsley, separately. To bake, remove Bundt pan from refrigerator and let stand, covered, in a warm place (75°F to 80°F) until rolls double in size, 1 to 1½ hours. Preheat oven to 350°F during last 30 minutes of rising. Uncover and bake until golden brown, 25 to 35 minutes. Follow remaining instructions above.

TO FREEZE DOUGH: Freeze balls on a parchment-lined baking sheet until frozen, 1 to 2 hours. Transfer to an airtight storage container or zip-top plastic bag. Freeze for up to 2 weeks. The day of the feast, transfer balls to a Bundt pan lightly greased with cooking spray, and follow the layering instructions in step 4. Cover with plastic wrap and let stand at room temperature until rolls double in size, 4 to 5 hours. Preheat oven to 350°F during last 30 minutes of rising. Uncover and bake until golden brown, 25 to 35 minutes. Follow remaining instructions above.

Brussels Sprouts Salad

ACTIVE TIME **20 MINUTES**
TOTAL TIME **20 MINUTES**
SERVES **8**
MAKE UP TO **2 DAYS AHEAD**

- 2 Tbsp. apple cider vinegar
- 1 Tbsp. honey
- 1 Tbsp. Dijon mustard
- 1½ tsp. kosher salt, divided
- ½ cup olive oil
- 1 lb. Brussels sprouts, trimmed and thinly sliced (5 cups)
- 2 cups thinly sliced radicchio (from 1 head)
- 1 cup chopped toasted pecans
- ½ cup roughly chopped sweetened dried cranberries
- ½ tsp. freshly ground black pepper
- 1 oz. aged provolone or Parmesan cheese, shaved (about ½ cup)

WHISK vinegar, honey, mustard, and ½ teaspoon salt in a medium bowl. Slowly drizzle in oil, whisking constantly, until well combined.

TOSS together Brussels sprouts, radicchio, pecans, and dried cranberries in a large bowl or storage container, if making in advance.

TO SERVE IMMEDIATELY: Add dressing, pepper, and remaining 1 teaspoon salt to Brussels sprouts mixture; toss. Add about half of cheese and gently toss to combine. Transfer to a serving bowl or platter and top with remaining cheese.

TO STORE AND PREP AT FEAST TIME: Refrigerate Brussels sprouts mixture and dressing in airtight containers, separately, for up to 2 days. To serve, let Brussels sprouts mixture and dressing stand at room temperature for 30 minutes. Whisk dressing to recombine. Follow remaining instructions above.





Wild Rice and Butternut Squash Bake

Rich and creamy, with a hint of rosemary, this dish will grace your table as a gluten-free stuffing substitute, a hearty vegetarian main, or a bonus side dish. Get ready to share the recipe, because everyone will ask.

Wild Rice and Butternut Squash Bake

ACTIVE TIME **25 MINUTES**

TOTAL TIME **1 HOUR, 50 MINUTES**

SERVES **8**

MAKE UP TO **4 DAYS AHEAD**

- 1 cup (6½ oz.) uncooked wild rice blend
- 1¾ cups vegetable broth, plus more if needed
- 1 lb. prechopped butternut squash (about 3½ cups)
- 1 yellow onion, sliced lengthwise into thin wedges (about 1 cup)
- 4 oz. fresh wild mushroom blend or cremini mushrooms, sliced (about 1½ cups)
- 3 sprigs rosemary
- 2 Tbsp. balsamic vinegar
- 3 Tbsp. olive oil, divided, plus more for baking dish
- 1 tsp. kosher salt, divided
- 1½ cups heavy whipping cream
- 1¼ oz. Parmesan cheese, finely shredded (about ½ cup), divided

COOK wild rice blend according to package directions, substituting broth for water. Transfer to a large bowl; let cool to room temperature, about 30 minutes, tossing occasionally with a fork.

MEANWHILE, preheat oven to 425°F. Line a baking sheet with parchment paper. Place squash, onion wedges, mushrooms, and 2 rosemary sprigs on baking sheet. Drizzle with vinegar, 2 tablespoons oil, and ¾ teaspoon salt. Toss to coat; spread in a single layer. Roast until squash is tender and browned, 25 to 35 minutes. Let cool to room temperature, about 20 minutes. Discard rosemary sprigs (it's OK if some leaves remain).

If your crew doesn't like mushrooms, just skip them!

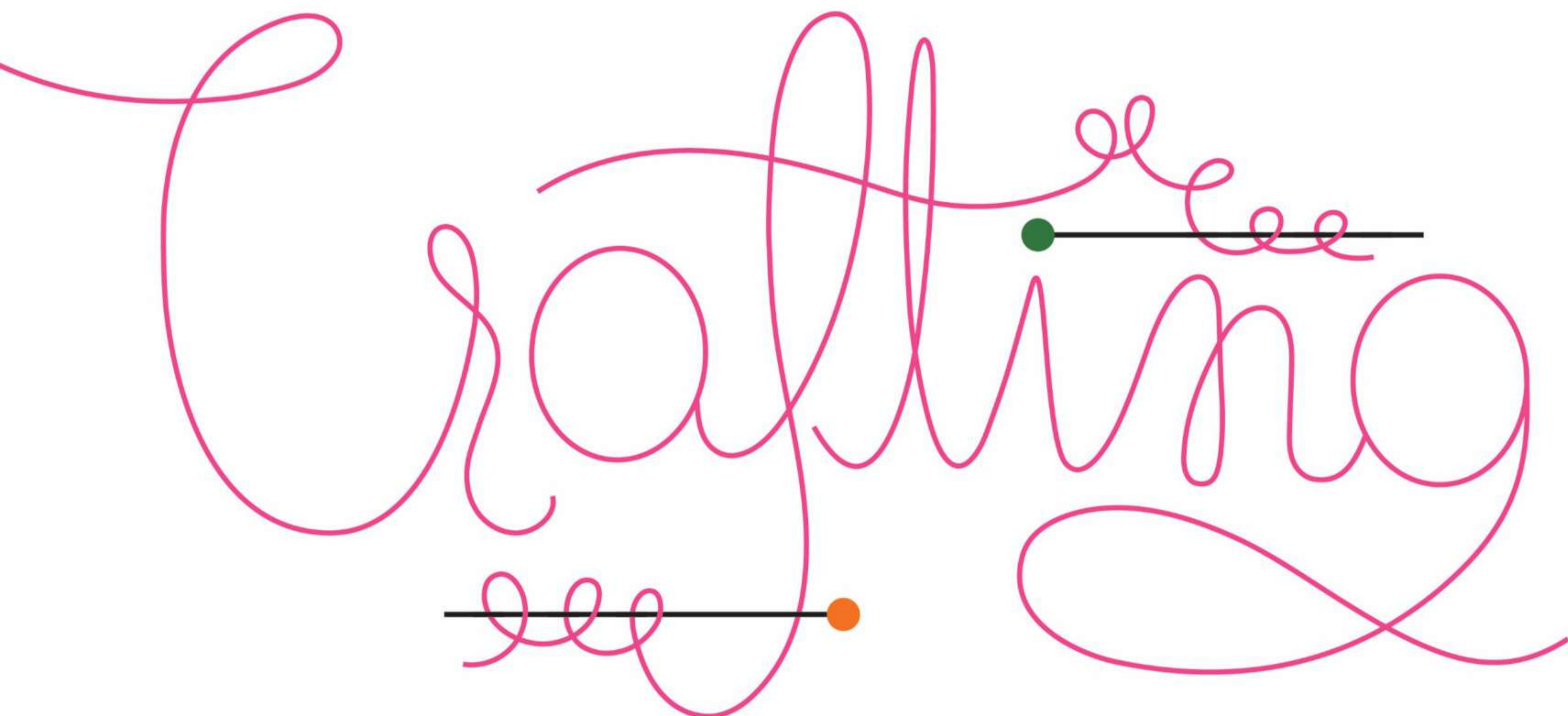
WHILE squash cools, combine cream and remaining rosemary sprig in a small saucepan. Cook over medium, stirring occasionally, until cream just begins to bubble around sides. Remove from heat and let stand for 15 minutes. Discard rosemary sprig.

ADD squash mixture, ¼ cup cheese, and remaining ¼ teaspoon salt to rice in bowl. Toss to combine; transfer to a lightly greased 2-quart baking dish.

TO SERVE IMMEDIATELY: Preheat oven to 375°F. Pour cream over rice mixture. Top with remaining ¼ cup cheese and drizzle with remaining 1 tablespoon oil. Bake until cream is bubbly around edges and top is browned, 30 to 35 minutes.

TO STORE AND PREP AT FEAST TIME: Cover baking dish with aluminum foil. Transfer cream to a jar and seal. Refrigerate baking dish and cream for up to 4 days. To serve, preheat oven to 375°F. Uncover rice mixture; let rice mixture and cream stand at room temperature while oven preheats. Follow remaining instructions above.





A COMMUNITY

The pleasure of creative pursuits multiplies when you share it with others. Whether the goal is to connect face-to-face or embark on a new endeavor with old friends, there's something special about forging an artful league of one's own. These tales of imaginative groups small and large are sure to inspire.

BY RACHEL SYLVESTER

ILLUSTRATIONS BY ASIA PIETRZYK



A CLOSE-KNIT SISTERHOOD

A reliable Wi-Fi connection and a skein of yarn helped TZO AI ANG bond with her crafty siblings from afar.

H

YPOTHETICALLY, IF YOU took a strand of yarn and connected me with my two sisters—one in London, the other in Hong Kong—it would be more than 17,000 miles long and span 14 time zones. In a way, we’ve been pulling off this feat since March 2020, when

we began knitting together over Zoom. We’ve always been close, but during the Before Times, we were lucky if we saw each other in person twice a year. We relied on WhatsApp then. Once the world went into lockdown, we all felt unmoored. What better way to use that free time than hang out while learning a new skill?

Our agreement was simple. Every Wednesday, we’d knit together—never mind that two of us, including me, had never picked up a knitting needle. That’s what step-by-step beginner kits are for. What mattered was connect-

ing with my family. Our calls go something like this: I drop off my kids at school and hurry home to fire up my laptop by 8:30 a.m. Once we’re all dialed in (morning for me, afternoon for one sister, late night for the other), we commence our knitting circle. It’s rare for us to sit in silence; we’re constantly chatting about everything from our mum to the recipes and books we’ve been eyeing.

It’s a form of escape, knitting together. On some level, we’ve gotten to know each other more deeply from this new routine. My first project was a beginner-friendly scarf from Wool and the Gang (its kits have been our go-to). We’ve now created crochet bags, pot holders, and a lot more. This circle of ours forces us to slow down and focus on the repetitive. We used to believe we’d need to board a plane in order to soak up the comfort of seeing each other. But all it took was some knitting needles and a Zoom account.

A NOVEL PURSUIT

One secret to author HELEN ELLIS's success is her creative gatherings with fellow writers.



HEN ASKED WHAT ADVICE I'd give aspiring writers, I always say, "Get yourself a writing workshop."

A writing workshop is you plus one or more writers who promise to meet on a regular basis and read each other's work. I found mine—

Ann Napolitano and Hannah Tinti—in 1996, when we were in the same NYU graduate workshop. FYI: A graduate workshop is one for which you go into stupendous levels of debt with a university, and it lasts a few months; a private workshop is one for you and your friends, for free, for as long as you want.

You do not have to go to college to find a workshop. Or be a so-called professional writer. If you write, you're a writer. If you read, you can workshop.

Here's what happens: You write, and you give everyone else what you've written. You read everybody's pieces and write in the margins what's funny ("Ha!"), what's gross ("Ew!"), what's emotional ("Aw!"), and what's powerful ("Yes!").

If something works, you tell them to write more of it: "Ann, this thing with the school principal and the ferns is amazing. I need more!"

If something could work better, you give them suggestions about how: "Hannah, that lady makes tea for criminals in her kitchen. She should poison that tea or throw it in their faces."

If something doesn't work at all, you tell them to cut it: "Helen, lose the stuff about how much you spend on cat food bowls. It's unflattering."

And when your friend writes a book they can't seem to get published, you take their side.

In 2001: "Helen, they're stupid not to publish a book about a poker-playing serial killer."

In 2004: "Helen, they're stupid not to publish a book about a witch who infects her neighborhood with herpes."

In 2009: "Helen, they're stupid not to publish a book about a Civil War prostitute with a 20-foot albino alligator in her backyard."

And when your friend quits writing, you keep treating them like a writer. You keep giving them your stuff to read. And you keep taking their critiques. Because you, like every writer, will at some point stop writing for good reasons.

You'll have babies and those babies will require a lot of your attention. Your parents will get very old and require a lot of your attention. You'll have debts that will require you to hold down a job, or more than one job. You'll get sick. You'll get depressed. You'll get discouraged. You'll get distracted. There will be a pandemic that shuts down the world.

But you and your workshop will keep meeting, even if that means you meet over Zoom. Because that's what writers and good friends do. You believe in one another's talent and believe you will all write again.

And when one of you *does* publish a book, you all celebrate. And when they go on a book tour, you sit in the front row and hold their bag. And when they want to do it all over again, you tell them it's a great idea. And when they give you pages of something new they've written for workshop, you drop everything and say, "Hooray!"





A DANCE CREW THAT STEPS IT UP

Professional dancer **OYA BANGURA**
shares her love of the stage
with a community of movers, shakers,
and soon-to-be stars.

W

HEN I WAS 5, my family moved to New York City from Sierra Leone, and I struggled to adjust to my new life. As a little girl from West Africa, I was made fun of at school for my thick accent. My mother signed me up for ballet classes at the National

Dance Institute, and just like that, I had a newfound self-confidence. The teachers let me know I was worthy simply because I was there. That taught me a great deal, and when I was grown myself, I knew I wanted to instill the same sense of camaraderie and assuredness in other school-age kids.

That's where my dance troupe of close friends came in. Along with my cofounders, Stephanie Pitocco and Nuala DeGeorge, I brought Project Move to our community of Bayshore, New York. The three of us have different talents and specializations: Nuala is innovative with canvas and costumes, Stephanie excels at hip-hop and jazz, and I love to pair dance with drums. That collective set of skills brings balance to our collective endeavor. When we're all in a room, there's a vibration of genuine love and respect that's almost contagious. When we work as an ensemble, the noise of the day or the week (even the hour!) is quieted. Project Move lets Stephanie, Nuala, and me flex our creative muscles and stay true to our craft—all while helping underserved kids and adults figure out how to do the same. Building confidence through the arts is our way of inspiring them with a little self-love. Here at our studio, there's no underdog. All three of us want our "movers" to feel like winners. Everyone is spotlighted, and everyone is celebrated. Period.

GREATER GATHERINGS

How to make ordinary
get-togethers
feel more meaningful

GIVE YOUR GROUP A PURPOSE

"Gathering is a responsibility that shows we care about others," says Priya Parker, author of *The Art of Gathering: How We Meet and Why It Matters*. When assembling a community, find your reason for bringing people together. Is it to learn a new skill? Or simply to wind down as you sip wine on FaceTime with your friends? (No shame in that!) Once you determine your purpose, decide what you'd like your gathering to be called. Choose a term that expresses your desired vibe, whether it's laughter, networking, or personal growth.

SCHEDULE A STANDING DATE

Whatever you do, don't fall into the endless-rescheduling trap: Pick a weekly or monthly time, add it to your calendar, and stick to it. One woman scheduled a neighborhood craft night by texting would-be attendees a list of potential dates. She asked the group to simply "thumbs up" the ones that worked best—no back-and-forth texting required.

DEVISE POP-UP RULES

Imposing restrictions can actually help guests feel freer. For instance, Parker says, what would your gathering look like if attendees couldn't disclose what they did for a living? Where might the dinner conversation go if everyone had to keep their phones out of sight? Rules like these can temporarily change and harmonize people's behavior.

SUCCULENT SUCCESS

This craft keeps on giving—after the pumpkin shrivels, you can still enjoy the succulents. Start with a shallow dish arrangement, then cut the top of the pumpkin to fit it. Scoop out the flesh and stack a few cans inside, to hold the plants right at the opening. **ONE EXTRA TIP:** Look for a mix of large and small plants.





YOU CAN ARRANGE SOMETHING

FOR A SIMPLE
& SEASONAL
HOLIDAY
CENTERPIECE,
JUST GATHER
A GROUP OF
GOURDS & GET
CRAFTING.

BY LESLIE CORONA

CRAFT STYLING BY
CAT DASH

PHOTOGRAPHS BY
ERIN SCOTT



PUT A PLACE TO A NAME

Your guests will love seeing these cuties waiting for them at their seats, and you'll love how easy they are to make. Use a white oil-based paint marker (like Sharpie Paint Marker, \$4; [michaels.com](https://www.michaels.com)) to write each guest's name on a fresh bay leaf or similar foliage. Dot hot glue on the leaf and press it to the gourd. These pumpkins should last all season—simply swap out the names as your guest list changes. **ONE EXTRA TIP:** Gather a few extra leaves to practice your handwriting on. You can also create a “gratitude gourds” centerpiece, jotting on seasonal themes instead of names.

HOLLOW VICTORY

Whether it's tall and skinny (Milestone variety) or short and squat (White Delight variety), a pumpkin makes a great vase. Trace the rim of a mason jar onto the stem end, cut off the top, and scoop out all the flesh. Lower the jar into the pumpkin, fill it with water, and arrange flowers. Here we used butterfly ranunculus, chrysanthemums, flannel flowers, waxflowers, viburnum leaves, red festival bushes, and purple plumb bark. For best results, snip leaves from stems. **ONE EXTRA TIP:** Follow the 3-2-1 formula. A beautiful bouquet has three eye-catching flower types, two wispy varieties, and one kind of foliage or greenery.



PETAL PUSHER

For an unexpected and modern look, just glue dried flowers onto the pumpkin, no carving required. Pinch the flowers (these are dried everlasting daisies) off their stems, and use a dot of hot glue to stick them onto a Daybreak or White Delight pumpkin.

ONE EXTRA TIP: There's no need to plot out the flowers perfectly evenly. Imprecision keeps the look organic.





A NATURAL TOUCH

This project will be just as soothing as painting your nails—except the results will last way longer than your manicure. Brush the backs of fern fronds or fallen leaves with decoupage glue, like Mod Podge, and press them around the pumpkin stem to form a “collar.” Let dry, then apply three or four coats of the glue over the entire surface, allowing it to dry between coats. **ONE EXTRA TIP:** For the smoothest results, press the stems or ribs of the leaves into the pumpkin’s ridges.



FOR A FULL BRONZE GLOW

The Uoma Beauty quad of warm browns and metallics is designed for cheeks, but the powders are so buttery smooth, they work just as well on eyelids. Apply the dark gold on the center of lids, the pale gold on the inner corners, and the dark brown on creases. Use the light brown on cheekbones. Finish with mascara and nude gloss.

SEE PALETTE ON PAGE 113 (LOOK 1)



perfected palettes

A good makeup palette is like a meal kit—it contains all the fixings to get the job done with little fuss. When you find one you love, your bag is lighter and your beauty routine is streamlined, since your whole look lives in one convenient case.

Makeup artist **moani lee** found six pretty options you'll use all the way down to the pan.

by **heather muir maffei** photographs by **felix wong**

FOR A BERRY SHEEN

These six rich colors—ranging from pale pink to deep plum—are loaded with nourishing grapeseed oil and shea butter, so they feel refreshing and moisturizing on lids, cheeks, and lips.

SEE PALETTE ON PAGE 113 (LOOK 2)

FASHION, IN ORDER OF APPEARANCE: VERONICA BEARD SWEATER; ANOTHER FEATHER EARRINGS; RAG & BONE SHIRT; ALEXANDER MCQUEEN SCARF; CELESTE STARRE EARRINGS; IVI RING; ANN TAYLOR DRESS; ROSETTA GETTY MOTO JACKET AND BLAZER; JEANNIE KIM EARRINGS AND RING; MICHAEL MICHAEL KORS DRESS; YOUNG FRANKK EARRINGS AND BRACELET; IVI BRACELETS; ANN TAYLOR DRESS; NILI LOTAN JACKET; MEME LONDON EARRINGS; YOUNG FRANKK BRACELET; JEANNIE KIM BANGLE



FOR WARM ORANGE SHADES

Replicate the ombré of the most Insta-worthy sunset by blending thin stripes of oranges, browns, and pinks on your eyelids. This slim compact has eight gorgeous, gradient hues.

SEE PALETTE ON PAGE 113 (LOOK 3)



FOR JEWEL-TONE LIDS

Intense purple shadow looks festive for going out yet is also workday-appropriate. Build color by brushing on a few layers of the bright purple, then apply dark gray to the corners. They're just two of—count 'em—14 shades you'll want to keep playing with.

SEE PALETTE ON PAGE 113 (LOOK 4)

FOR EARTHY VIBES

This octet of soft, natural shades flatters all your features. Use salmon along cheekbones, shimmery apricot on lids, and pinky beige in creases.

SEE PALETTE ON PAGE 113 (LOOK 5)

STYLING BY LIZZY ROSENBERG; MAKEUP BY MOANI LEE; HAIR BY YUKIKO TAJIMA FOR SEE MANAGEMENT; MANICURE BY SHIRLEY CHENG USING ZOYA FOR SEE MANAGEMENT



FOR RED-HOT ROUGE

If you're not into eye makeup, pack a punch for party pics with matte red lips and rosy cheeks. Pat the pure red onto lips, then press fuchsia under cheekbones. All eyes need is a quick swipe of mascara. SEE PALETTE ON OPPOSITE PAGE (LOOK 6)

paint by numbers

The more the merrier when it comes to colors you can choose from, play with, and use every day.



LOOK 1 Uoma Beauty High Life Face Palette Vol. 1, \$39; uomabeauty.com.



LOOK 2 E.l.f. Cosmetics Runway Ready Lip Palette in Berry Bliss, \$8; elfcosmetics.com.



LOOK 3 CoverGirl TruNaked Sunsets Eyeshadow Palette, \$10; walmart.com.



LOOK 4 KVD Edge of Reality Fully Recyclable Eyeshadow Palette, \$22.50; kvdveganbeauty.com.



LOOK 5 RMS Hidden Desire Palette, \$42; rmsbeauty.com.

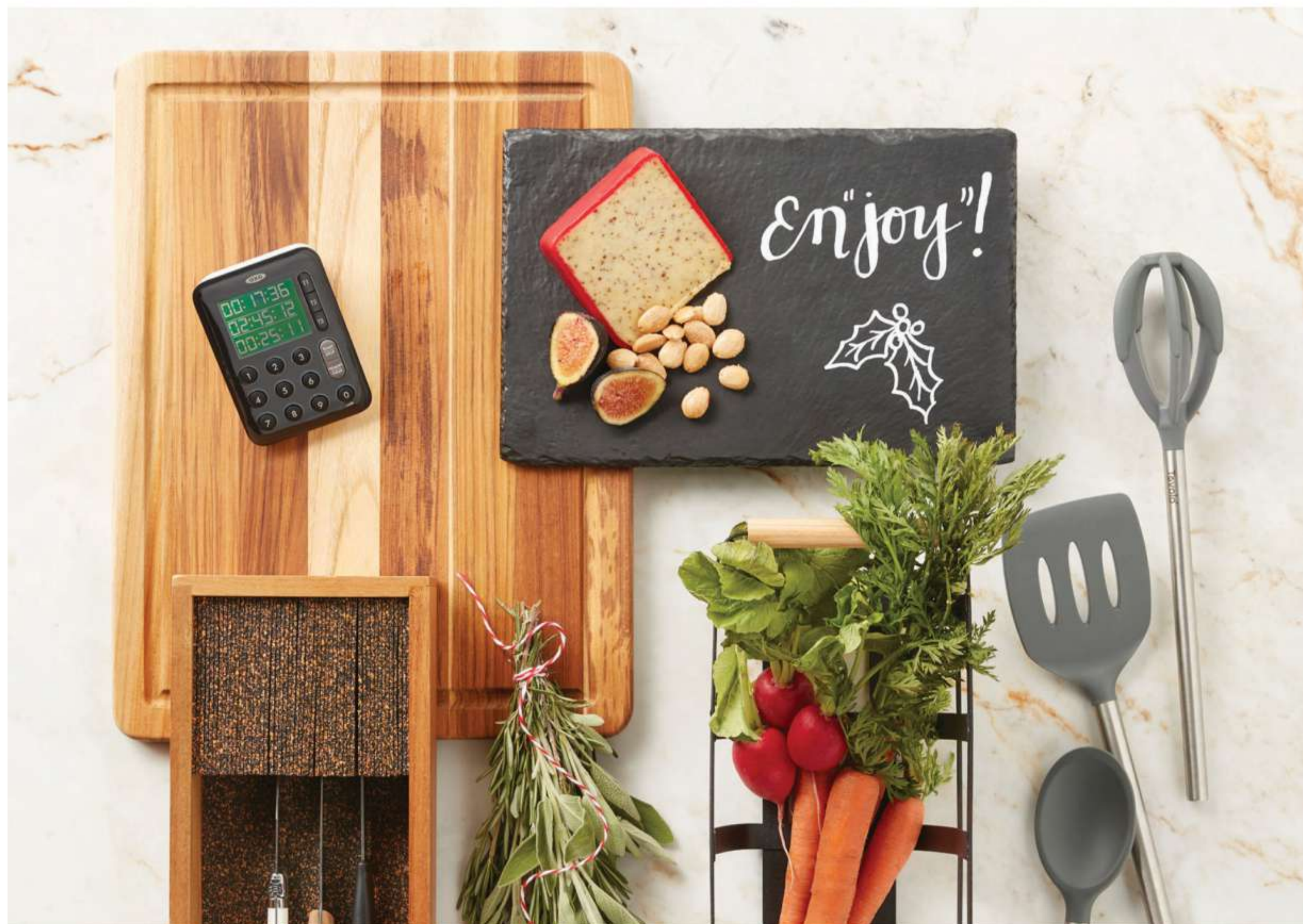


LOOK 6 Westman Atelier Lip Suede Lipstick Palette in Les Rouge, \$85; sephora.com.

PROMOTION

Holidays Handled

REAL SIMPLE AND OUR PARTNERS ARE
HELPING TO PROVIDE SIMPLE SOLUTIONS THAT
MAKE THE HOLIDAY SEASON STRESS-FREE.



NEW WAYS TO HOLIDAY

From meal prep
to gatherings, the
holidays just got
easier. Discover
new ways to holiday
with clever kitchen
tools, baskets and
utensils. Find it all at
[containerstore.com](https://www.containerstore.com).



ADULTS
WELCOME

LEGO® SETS FOR ADULTS

In a world filled with distractions, LEGO® sets for adults are a focused, hands-on, mindful activity to help adult builders reach a zone of zen. A creative recharge. A chance to build a little peace, piece by relaxing piece. Get yours at [LEGO.com](https://www.LEGO.com).



LEGO, the LEGO logo, and the brick and knob configuration are trademarks of the LEGO Group. ©2021 The LEGO Group. All rights reserved.

FOR MORE PARTNER PROMOTIONS GO TO PROMO.REALSIMPLE.COM/PROMOTIONS

SHRIMP STIR-FRY / ONE-PAN CHICKEN DINNER / SPICED-UP PANCAKES

FOOD

IN SEASON

Ravishing in Red

As leafy veggies go, radicchio can stop the show. This lettucelike chicory has a gorgeous color and texture. When it's raw, it packs a bitter punch that livens up salads. Cooked, it sweetens and softens—and that purplish red hue mellows to a dark maroon.

SHOP for the most common variety, the Chioggia seen here, at grocery stores and farmers markets.

STORE in the refrigerator in a produce bag. Heads can keep for weeks.

COOK in olive oil and add to pasta dishes for a pop of flavor. Or thinly slice, dress, and serve topped with nuts and salty Parmesan or a rich blue cheese for a bold salad.

Photograph by Jennifer Causey

NOVEMBER 2021 REAL SIMPLE 115



EASY DINNER 1

Saucy Shrimp and Noodle Stir-Fry

ACTIVE TIME **20 MINUTES** TOTAL TIME **20 MINUTES** SERVES **4**

✓ Quick Cooking ✓ One Pot ✓ Gluten-Free

- 1/4 cup honey
- 2 Tbsp. rice vinegar
- 2 Tbsp. soy sauce
- 1 Tbsp. Asian chili-garlic sauce
- 1 1/2 tsp. grated garlic (from 3 cloves)
- 1 tsp. cornstarch
- 3 Tbsp. canola oil, divided
- 1 5-oz. pkg. sliced fresh shiitake mushrooms (3 cups)
- 3 heads baby bok choy, sliced (4 cups)
- 1 lb. peeled, deveined extra-large raw shrimp, patted dry
- 1 8-oz. pkg. rice stick noodles, soaked according to pkg. directions

WHISK honey, vinegar, soy sauce, chili-garlic sauce, garlic, and cornstarch in a small bowl.

HEAT 2 tablespoons oil in a large nonstick skillet over medium-high. Add mushrooms; cook, stirring occasionally, until lightly browned, about 6 minutes. Add bok choy; cook, stirring often, until crisp-tender, about 3 minutes. Transfer mushroom mixture to a medium bowl.

HEAT remaining 1 tablespoon oil over medium-high. Add shrimp; cook, flipping occasionally, until just opaque in centers, 2 to 3 minutes. Add honey mixture and soaked and drained noodles to skillet. Cook, stirring constantly, until sauce is thickened and noodles are coated in sauce, about 2 minutes. Remove from heat and stir in mushroom mixture.

PER SERVING: 479 Calories, 12g Fat (1g Saturated), 143mg Cholesterol, 3g Fiber, 20g Protein, 74g Carbs, 820mg Sodium, 19g Sugar

Recipes by Liz Mervosh
Photographs by Antonis Achilleos

EASY DINNER 2

Pork Burgers with Crispy Carrot Fries

ACTIVE TIME **25 MINUTES** TOTAL TIME **50 MINUTES** SERVES **4**

✓ Family Friendly

- 1½ lb. carrots, halved crosswise and cut into ¼-in.-thick sticks
- 3 Tbsp. olive oil, divided
- 1¼ tsp. kosher salt, divided
- ¼ cup mayonnaise
- 1 4.5-oz. can chopped green chiles, drained, divided
- ¾ tsp. garlic powder, divided
- 1 lb. 80% lean ground pork
- 1 tsp. ground cumin
- 4 hamburger buns, split and toasted
- 1 cup loosely packed arugula

PREHEAT oven to 425°F. Toss carrots with 2 tablespoons oil and ½ teaspoon salt on a large, rimmed baking sheet; arrange in a single layer. Cover with aluminum foil and bake for 15 minutes. Uncover and continue to bake, stirring once, until tender and slightly charred, about 25 minutes.

MEANWHILE, stir together mayonnaise, 3 tablespoons drained chiles, and ¼ teaspoon garlic powder in a small bowl.

COMBINE pork, cumin, and remaining ¾ teaspoon salt, ½ teaspoon garlic powder, and drained chiles in a medium bowl. Shape into 4 (½ inch thick) patties.

HEAT remaining 1 tablespoon oil in a large skillet over medium-high. Add patties; cook, flipping once, until browned and cooked through, 3 to 4 minutes per side.

ASSEMBLE burgers on toasted buns with mayonnaise mixture and arugula. Serve with carrot fries.

PER SERVING: 677 Calories, 47g Fat (12g Saturated), 87mg Cholesterol, 6g Fiber, 26g Protein, 39g Carbs, 1,175mg Sodium, 11g Sugar



EASY DINNER 3

Lentil Soup with Sausage

ACTIVE TIME **25 MINUTES**
TOTAL TIME **45 MINUTES** SERVES **4**

- ✓ Freezable ✓ Make Ahead
- ✓ One Pot ✓ Gluten-Free

- 2 Tbsp. olive oil
- 12 oz. kielbasa, thinly sliced (about 2½ cups)
- 1½ cups finely chopped yellow onion (from 1 onion)
- 2 medium stalks celery, halved lengthwise and thinly sliced (about ¾ cup)
- 2 tsp. finely chopped fresh rosemary, plus more for serving
- 2 cups lower-sodium vegetable broth
- 1 14.5-oz. can no-salt-added diced tomatoes
- 2 14-oz. cans brown lentils, drained and rinsed
- ½ tsp. kosher salt
- ¼ cup sour cream (optional)

HEAT oil in a large saucepan or medium Dutch oven over medium. Add sausage; cook, flipping occasionally, until browned in spots, about 6 minutes.

STIR in onion, celery, and rosemary. Cook, stirring often, until slightly softened, about 5 minutes.

STIR in broth, tomatoes, lentils, and salt. Bring to a boil over high. Reduce heat to low; gently simmer, stirring once or twice, until flavors meld, about 15 minutes.

DIVIDE soup among 4 bowls. Top each bowl with 1 tablespoon sour cream, if desired. Top with chopped rosemary.

PER SERVING: 584 Calories, 35g Fat (11g Saturated), 69mg Cholesterol, 16g Fiber, 25g Protein, 43g Carbs, 1,469mg Sodium, 12g Sugar

EASY DINNER 4

Chicken Thighs with Couscous and Olives

ACTIVE TIME **25 MINUTES**
TOTAL TIME **45 MINUTES** SERVES **4**

✓ One Pot

- 6 6-oz. bone-in, skin-on chicken thighs
- 1½ tsp. kosher salt, divided
- 1 cup uncooked Israeli couscous
- ½ cup chopped shallots (from 1 shallot)
- ½ cup Castelvetrano olives, coarsely chopped
- ¼ cup chopped dried dates
- 1 tsp. ground cumin
- ¼ tsp. ground cinnamon
- ½ cup finely chopped fresh cilantro
- ¼ cup pomegranate arils

PREHEAT oven to 425°F with rack 8 inches from heat. Sprinkle skin of chicken thighs with ½ teaspoon salt. Place chicken, skin side down, in a large, broiler-safe skillet. Cook over medium, undisturbed, until chicken skin is crisp and light golden, 12 to 15 minutes. Remove from heat. Transfer chicken, skin side up, to a plate. Discard drippings in skillet.

ADD couscous, shallots, olives, dates, cumin, cinnamon, and remaining 1 teaspoon salt to skillet. Stir in 1⅓ cups water and bring to a simmer over medium-high. Nestle chicken, skin side up, in couscous mixture. Cover skillet with aluminum foil and transfer to oven. Bake until chicken is cooked through, a thermometer inserted in thickest portion of thighs registers at least 165°F, and couscous is tender, 15 to 20 minutes.

INCREASE oven temperature to broil. Uncover skillet; broil until chicken skin is crisp, about 5 minutes. Top with cilantro and pomegranate arils.

PER SERVING: 590 Calories, 23g Fat (6g Saturated), 194mg Cholesterol, 5g Fiber, 39g Protein, 56g Carbs, 1,033mg Sodium, 24g Sugar



EASY DINNER 5

Apple-Cheddar Quesadillas

ACTIVE TIME **25 MINUTES**
TOTAL TIME **25 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Vegetarian
✓ Family Friendly

- 5 Tbsp. honey mustard, divided
- 8 6-in. flour tortillas
- 6 oz. sharp Cheddar cheese, shredded (about 1½ cups)
- 2 Honeycrisp apples, thinly sliced (2½ cups)
- 5 Tbsp. olive oil, divided
- 1 Tbsp. plus 1 tsp. fresh lemon juice (from 1 lemon)
- ¼ tsp. kosher salt
- 1 5-oz. pkg. fresh baby spinach
- 2 avocados, sliced (about 2 cups)
- ¼ cup roasted, salted pumpkin seeds (pepitas)

SPREAD 4 tablespoons mustard evenly over tortillas. Top half of each tortilla with 3 tablespoons cheese and a heaping ¼ cup sliced apples. Fold tortillas in half.

HEAT 1 tablespoon oil in a large nonstick skillet over medium. Add 4 quesadillas; cook, flipping once, until golden brown in spots and crisp, 2 to 3 minutes per side. Transfer to a plate and cover loosely with aluminum foil to keep warm. Repeat with 1 tablespoon oil and remaining quesadillas.

WHISK lemon juice, salt, and remaining 1 tablespoon mustard in a large bowl. Gradually whisk in remaining 3 tablespoons oil until dressing is well combined. Add spinach, avocados, and pumpkin seeds to bowl with dressing; toss to coat salad. Serve with quesadillas.

PER SERVING: 746 Calories, 52g Fat (13g Saturated), 42mg Cholesterol, 13g Fiber, 20g Protein, 56g Carbs, 980mg Sodium, 12g Sugar



COOK WITH COZI

Get **REAL SIMPLE**'s easy weeknight-dinner recipes in Cozi, a free meal-planning and organizing app from Meredith Corporation. Hover your phone's camera over the code to download.



HOLIDAY TIME

Give Thanks

Everyday upgrades to be grateful for.

LAUNDRY, ELEVATED
Stoneworks Rose Petal Laundry Pods are EPA Safer Choice approved & use 99% less plastic than jugs. 15% off! grabgreenhome.com
Code: **RealGG15**



AWARD-WINNING, AFFORDABLE CBD
Handcrafting 100% All-natural non-GMO hemp seed to bottle, RYTE CBD delivers premium daily wellness at half the cost. 25% off! rytecbd.com
Code: **SIMPLE**

JUICING MADE EASY
Squeeze more time into your day & make delicious juices in mins w/the Nama J2 Cold Press Juicer. Set it & forget it. 10% off! namawell.com
Code: **R10**

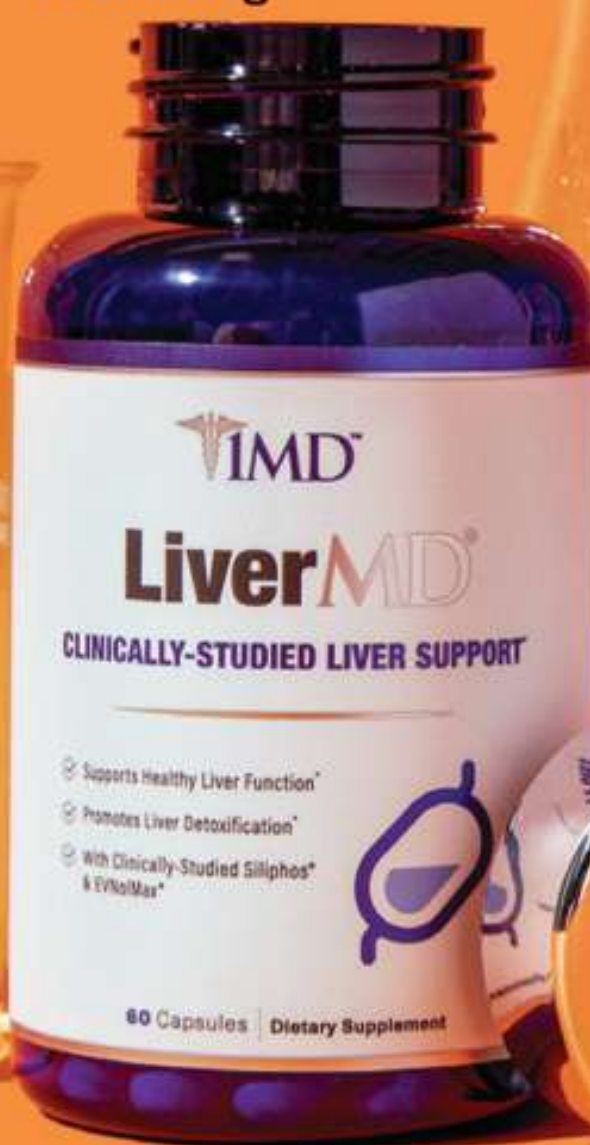


Quality Bodywide Recovery
Ancient Nutrition Collagen Peptides is THE go-to delivering results in as little as one day!* Support hair, skin, joints, gut & reduce collagen degradation with noticeable results!* Target & Wegmans. ancientnutrition.com



EASY ADD TO ANY DRINK OR RECIPE!

Voted Best Liver Support Supplement
Physician-formulated LiverMD is a 2021 Taste For Life Supplement Essential award-winner for its comprehensive approach in supporting healthy liver enzyme function & detoxification process. 10% off! Code: **SIMPLE10** (Exp. 12/31/21) at 1md.org



Delicious Oatmeal, In An Instant
Bob's Red Mill Instant Oatmeal delivers whole grain oats, flaxseed meal & plenty of fiber in 3 delicious flavors. It's quick and easy to enjoy a hearty, gluten free, non-GMO breakfast... just add water! bobsredmill.com



Nonalcoholic Wine For All
Made from tempranillo grapes, Sapiens' wines taste so deliciously real you'd never know they had 0.0% alcohol. They're vegan, halal certified, pregnancy safe & have 70% less cals than equivalent alcoholic wines. sapiensbeverage.com



5C LIGHT COPPER CHESTNUT



The Ultimate Cleaner Hair Option
For rich color, softness & shine from pharmaceutical quality plant & seed oils like meadowfoam & quinoa, Naturtint Permanent Hair Color is IT, AND the 1st to be certified by the USDA BioPreferred Program! Find a retailer at naturtintusa.com



Your New Favorite Bra Is Back
And better than ever! The seamless Joy Bra delivers upgraded function, a flattering fit & comfortable enough to take you through the holidays without thinking about your bra. Get \$20 off 3 + free lingerie bag! Code: **RS1121** at joybra.com



**WIDER STRAPS
REMOVABLE PADS
CENTER RUCHING
SIDE RIBBING**

USED BY WINERIES & WINE BARS!

RESTAURANT CRYSTAL CLEAN
The all natural, plant-based wine glass cleaner. Leaves no bitter tastes or odors to ruin your wine. Wines taste great & glassware looks amazing! amazon.com



WANT THE BEST IRON?
Choose Ferretts. It's just one, small easy to swallow, gentle & effective tablet a day. Free of gluten & dyes. 800-456-4138, Amazon & betteriron.com



Intimacy CAN Be Comfortable Again
Meet Revaree & rejoice! The world's 1st FDA cleared feminine insert made of hyaluronic acid for 84% improvement in dryness. Non-hormonal & recommended by 3,000+ Drs. 20% off 1st month! Code: **REAL20** at hellobonafide.com/real

Yes, Your Lady Bits Need Probiotics Too!
A disrupted vaginal microbiome is NOT pleasant, especially during menopause. Clairvee™ supports and balances the vaginal microbiome for everyday comfort and confidence. 20% off 1st month! Code: **REAL20** at hellobonafide.com/rs



SCAN
With your phone's camera for instant access to shop! @tipsntrends

BETTER FOR YOU

Sweet Potato Buttermilk Pancakes

Thick, fluffy, and the perfect amount of mapley, these will be your new weekend breakfast go-to.

BY ANANDA EIDELSTEIN





SUPER SPUDS

Whether sweet potatoes are baked, mashed, or mixed into breakfast or dessert, the vibrant tubers add natural sweetness and a boatload of nutritional perks. They're high in fiber, antioxidants, and immune-boosting vitamin C. If you want a little unexpected color, look for purple varieties.

ACTIVE TIME **25 MINUTES**
TOTAL TIME **25 MINUTES**
SERVES **4**

- 1 9-oz. sweet potato or $\frac{3}{4}$ cup cooked and mashed sweet potato
- 2 large eggs
- 2 cups whole buttermilk
- 2 Tbsp. pure maple syrup, plus more for serving
- 2 cups all-purpose flour
- $1\frac{1}{2}$ tsp. baking powder
- $1\frac{1}{4}$ tsp. kosher salt
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{4}$ tsp. ground nutmeg
- 2 Tbsp. unsalted butter, melted
- Canola oil, for cooking
- Toasted pecans, chopped, for serving

PREHEAT oven to 200°F. Set a wire rack inside a rimmed baking sheet. Prick potato all over with a fork. Place in a microwave-safe bowl with 1 teaspoon water and cover. Microwave on high until tender when pierced with a fork, 5 to 7 minutes. Let cool. Discard water. Split potato and scoop flesh into bowl; discard skin. Mash to make $\frac{3}{4}$ cup.

BEAT eggs and buttermilk in a large bowl. Add potato and syrup; whisk until well combined.

WHISK flour, baking powder, salt, baking soda, cinnamon, and nutmeg in a medium bowl. Add to buttermilk mixture. Gently stir until few dry spots remain. Add melted butter and stir gently until just combined. (Do not overmix; lumps are OK.)

HEAT a large nonstick skillet or griddle over medium-high. Brush with oil; reduce heat to medium. Cooking in batches, add $\frac{1}{3}$ -cupfuls of batter to skillet, flattening tops slightly. Cook until bubbles rise to surface and underside is golden brown, 2 to 4 minutes. Flip and cook until puffed and golden brown on other side, 2 to 4 minutes. Transfer to wire rack; keep warm in oven. Repeat with oil and remaining batter. Serve with pecans and syrup.

PROMOTION

SIMPLE EXTRAS

ALL YOU NEED TO MAKE EVERYTHING SIMPLE.



TASTE THE KERRYGOLD GRASS-FED DIFFERENCE

Kerrygold butter and cheeses are made with milk from grass-fed cows that are raised on small, family run Irish dairy farms. The all-natural milk our cows produce is what makes our products so flavorful and creamy.

Find your nearest store at
KerrygoldUSA.com



DOG FOOD AS UNIQUE AS YOUR BEST FRIEND

Just Right is your dog's new favorite kibble. Personalized nutrition based on your pup's unique lifestyle and health needs. Perfectly balanced by our nutritionist and delivered to your door monthly. Crafted in the USA.

Take our 5 minute quiz and we'll build a blend and feeding plan for your best friend. Use promo code REALSIMPLE and get 50% off your first order.

justrightpetfood.com



A BREATH OF FRESH AIR

Features washable, reusable metal filters, combination H13 High-Grade HEPA/Active carbon filters and UV-C light that work together capturing up to 99.9% of airborne particles 0.1 Micron or larger by cycling air within a room up to 1000* sq. ft. 2x every hour.

cuisinart.com/collections-gift-guides/the-purxium-air-purifier-collection/

Cuisinart®

SIMPLE EXTRAS

ALL YOU NEED TO MAKE EVERYTHING SIMPLE.



CRUNCHY, CREAMY AND BURSTING WITH FLAVOR!

With two tantalizing textures and real chicken or fish as the first ingredient, cats go crazy for BLUE Bursts! Made with natural ingredients and NO corn, wheat or soy, they're packed with wholesome goodness you'll feel good about giving.

BlueBursts.com



ATLANTIS BAHAMAS

Atlantis Paradise Island is the most remarkable resort destination in the world, with endless white-sand beaches, azure waters, and pools. Enjoy immersive marine experiences, Aquaventure water park, Ocean Club Golf Course, the Atlantis Casino, Mandara Spa, shopping, and entertainment.

AtlantisBahamas.com/RS

800.794.9377



ACCESSORIZE YOUR CLOSET

Organize your life down to the smallest detail with California Closets Essentials, an exclusive collection of expertly designed closet accessories. Choose from premium hangers, bins, watch winders, mirrors, and a wide assortment of luxe vegan leather valet and smart-storage accessories, as well as jewelry boxes and stackable trays with patented LusterLoc® technology. A pre-selected range of sizes, materials, and colors complement California Closets' best-selling finishes for optimizing spaces, large and small.

shop.californiaclosets.com



TANGY CHICKEN SALAD IN LETTUCE CUPS

Don't let food go to waste—try this delicious recipe that transforms REAL SIMPLE leftovers with Hellmann's mayo.

Ingredients

- 1 cup of leftover chicken from 5 Easy Dinner Recipe on page 119
- 2 Tbsp. **Hellmann's mayonnaise**
- 2 Tbsp. crumbled feta
- 1 Tbsp. olive oil
- 1 tsp. fresh lemon juice
- ¼ tsp. kosher salt
- ¼ cup finely chopped celery
- 2 Tbsp. chopped cilantro
- Freshly ground pepper, to taste
- Small butter lettuce leaves and pomegranate seeds, for serving

Shred leftover chicken, discarding skin and bones. For each cup of chicken, combine 2 Tbsp. **Hellmann's mayonnaise**, 2 Tbsp. crumbled feta, 1 Tbsp. olive oil, 1 tsp. fresh lemon juice, and ¼ tsp. kosher salt in a medium bowl. Add the chicken and ¼ cup finely chopped celery and toss to combine. Stir in 2 Tbsp. chopped cilantro and freshly ground pepper to taste. Serve in lettuce cups topped with pomegranate seeds and/or more chopped cilantro.

SIMPLE EXTRAS

ALL YOU NEED TO MAKE
EVERYTHING SIMPLE.



**BILTMORE ESTATE. RELAX WONDERFULLY.
DREAM GRANDLY.**

Experience Biltmore’s true purpose – an elegant retreat from city life. As you explore 8000 acres of majesty, allow your heart to open and your mind to marvel. Refresh, renew and reinvigorate at a secluded mountain getaway like no other. Book your stay today.

biltmore.com/stay



**TAKE THE LIVECLEAR
CHALLENGE**

Breakthrough nutrition discovered through over a decade of research, Purina Pro Plan LiveClear is the first and only cat food shown to reduce the major allergen in cat hair and dander. Take the LiveClear Challenge and save \$8 at **Proplan.com/liveclearchallenge**

IT'S GONNA BE GREAT™

With the smooth, rich flavor of McCormick Vanilla, this Holiday Season It’s Gonna Be Great™. Get holiday recipe ideas at **mccormick.com/christmas**



Statement of Ownership, Management, and Circulation (Requester Publications Only)

1. Publication Title: REAL SIMPLE
 2. Publication Number: 0001-9143
 3. Filing Date: October 1, 2021
 4. Issue Frequency: Monthly
 5. Number of Issues Published Annually: 12
 6. Annual Subscription Price: \$18
 7. Complete Mailing Address of Known Office of Publication: 225 Liberty St., New York, NY 10281
 8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 1716 Locust St., Des Moines, IA 50309
 9. Full Name and Complete Mailing Address of the Publisher, Editor, and Managing Editor:
Publisher: Daren Mazzucca, 225 Liberty St., New York, NY 10281
Editor: Liz Vaccariello, 225 Liberty St., New York, NY 10281
Managing Editor: Lavinel Savu, 225 Liberty St., New York, NY 10281
 10. Owner: Meredith Corporation, 1716 Locust St., Des Moines, IA 50309-3023
The Names and Addresses of All Stockholders Owning or Holding 1 Percent or More of the Total Amount of Stock:
 - BlackRock Fund Advisors, Attn: Spencer Fleming, 400 Howard St., San Francisco, CA 94105
 - The Vanguard Group Inc., Attn: Christine M. Buchanan, PO Box 2600, Valley Forge, PA 19482
 - Ariel Investments LLC, Attn: Jim Prescott, 200 E. Randolph St., Ste. 2900, Chicago, IL 60601
 - Select Equity Group LP, James R. Berman, 380 Lafayette St., 6th Fl., New York, NY 10003
 - Dimensional Fund Advisors LP, Attn: Selwyn Notelovitz, 6300 Bee Cave Rd., Building One, Austin, TX 78746
 - Healthcare of Ontario Pension Plan, Attn: Mary Abbott, 1 York St., Ste. 1900, Toronto, ON M5J 06B
 - State Street Global Advisors (SSgA), Attn: Christopher Micah Baker, Channel Center, 1 Iron St., Boston, MA 02210
 - Norges Bank Investment Management, Attn: Stanislav Boiadjev, Bankplassen 2, PO Box 1179 Sentrum, Oslo, NO Q8 0107
 - Geode Capital Management LLC, Attn: Jeffrey Miller, 100 Summer St., 12th Fl., Boston, MA 02110
 - Northern Trust Investments Inc. (Investment Management), Attn: Robert P. Browne, 50 S. LaSalle St., Chicago, IL 60603
 - D. E. Shaw & Co. LP, Attn: Nathan Thomas, 1166 Avenue of the Americas, 9th Fl., New York, NY 10036
 - GAMCO Asset Management Inc., Attn: Douglas R. Jamieson, One Corporate Center, Rye, NY 10580
 - Charles Schwab Investment Management Inc., Attn: Jonathan De St Paer, 211 Main St., San Francisco, CA 94105
 - Stewart Capital Advisors LLC, Attn: Malcolm Polley, 800 Philadelphia St., Indiana, PA 15701
 - PPM America, Inc., Attn: Thomas Barrus, 225 Wacker Dr., Ste. 1200, Chicago, IL 60606Through some of the nominees listed above, the E.T. Meredith and Bohen families and family foundations own, directly or beneficially, approximately 12 percent of the issued and outstanding stock of the corporation. Each nominee listed above holds stock for one or more stockholders.
 11. Known Bondholders, Mortgages, and Other Security Holders Owning or Holding 1 Percent or More of the Total Amount of Bonds, Mortgages, or Securities: None
 12. Tax Status (for completion by nonprofit organizations authorized to mail at nonprofit rates) Check one: The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: ☐ Has Not Changed During Preceding 12 Months ☐ Has Changed During Preceding 12 Months (publisher must submit explanation of change with this statement) Not applicable
 13. Publication Title: REAL SIMPLE
 14. Issue Date for Circulation Data Below: October 2021
 15. Extent and Nature of Circulation
Average Number of Copies of Each Issue During Preceding 12 Months:
 - a. Total Number of Copies (Net Press Run): 2,119,583
 - b. Legitimate Paid and/or Requested Distribution (by Mail and Outside the Mail):
 1. Outside-County Paid/Requested Mail Subscriptions Stated on PS Form 3541: 1,619,003
 2. In-County Paid/Requested Subscriptions Stated on PS Form 3541: 0
 3. Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside the USPS: 132,846
 4. Requested Copies Distributed by Other Mail Classes Through the USPS: 0
 - c. Total Paid and/or Requested Circulation: 1,751,849
 - d. Nonrequested Distribution (by Mail and Outside the Mail):
 1. Outside-County Nonrequested Copies Stated on PS Form 3541: 86,865
 2. In-County Nonrequested Copies Included on PS Form 3541: 0
 3. Nonrequested Copies Distributed Through the USPS by Other Classes of Mail: 0
 4. Nonrequested Copies Distributed Outside the Mail: 2,011
 - e. Total Nonrequested Distribution: 88,876
 - f. Total Distribution: 1,840,725
 - g. Copies Not Distributed: 278,858
 - h. Total: 2,119,583
 - i. Percent Paid and/or Requested Circulation: 95.17%
- Number of Copies of Single Issue Published Nearest to Filing Date:**
- a. Total Number of Copies (Net Press Run): 2,167,631
 - b. Legitimate Paid and/or Requested Distribution (by Mail and Outside the Mail):
 1. Outside-County Paid/Requested Mail Subscriptions Stated on PS Form 3541: 1,656,730
 2. In-County Paid/Requested Subscriptions Stated on PS Form 3541: 0
 3. Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside the USPS: 140,332
 4. Requested Copies Distributed by Other Mail Classes Through the USPS: 0
 - c. Total Paid and/or Requested Circulation: 1,797,062
 - d. Nonrequested Distribution (by Mail and Outside the Mail):
 1. Outside-County Nonrequested Copies Stated on PS Form 3541: 101,161
 2. In-County Nonrequested Copies Included on PS Form 3541: 0
 3. Nonrequested Copies Distributed Through the USPS by Other Classes of Mail: 0
 4. Nonrequested Copies Distributed Outside the Mail: 2,057
 - e. Total Nonrequested Distribution: 103,218
 - f. Total Distribution: 1,900,280
 - g. Copies Not Distributed: 267,351
 - h. Total: 2,167,631
 - i. Percent Paid and/or Requested Circulation: 94.57%
16. Not applicable
 17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the November 2021 issue of this publication.
 18. Signature and Title of Editor, Publisher, Business Manager, or Owner: Chris Susil, VP/Planning & Analysis. Date: September 20, 2021

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

SIMPLY SHOPPING

CITYPIER SEAFOOD™



Simplify Your Holiday Spread
City Pier Seafood offers premium Ready-to-Eat and Ready-to-Bake hors d'oeuvres, entrees & more. Perfect for holiday entertaining.
Use code: **SIMPLE**
for \$25 Off \$125+ & FREE Shipping
CITYPIERSEAFOOD.COM

MAKES A GREAT HOLIDAY GIFT
HAND CRAFTED ALL-NATURAL
CHILI SAUCE
FROM OUR FAMILY TO YOURS.



A unique blend of savory, sweet, and just the right amount of spice, **Me's Way Chili sauce** is the first choice for every chili sauce connoisseur who tries it!

meswayllc.com **FREE**
REGULAR & VEGAN • 8 OZ. OR 16 OZ. **U.S. SHIPPING**

LUNATEC®

Lunatec® Odor-Free Dishcloth

They stay odor-free, dry fast and easily rinse clean.

Be like millions of satisfied customers and try them today.



Available at
www.lunatecgear.com

blendjet



The **PERFECT** Gift!

The BlendJet portable blender delivers game-changing technology that lets you make fresh smoothies and protein shakes wherever you go. It crushes ice & frozen fruit, is quiet, water-resistant & self-cleaning!
Comes in 20 colors. Free 2-Day S&H.

Save 11% at blendjet.com/realsimple

Lcf

LYNCH CREEK FARM

Handcrafted fresh from the Pacific Northwest

Fresh Wreaths, Centerpieces, Garland, and Trees

FREE SHIPPING

Save \$5 Using promo code RS21NOV
WWW.LYNCHCREEKFARM.COM



Rembrandt Charms®

CHARM BRACELET GIVEAWAY!
ENTER TO WIN!

Win a Sterling Silver Bracelet with 3 Sterling Silver Charms!



HOW TO ENTER:
Scan the QR code below and enter your information.



Precious charms for precious memories

 Lifetime Warranty

 Thousands of Charms in Gold & Silver

*Disclaimer: Contest runs between 10/1/21 and 1/15/22. Winners will be chosen at random. No purchase necessary. One entry per person. Rembrandt Charms is not responsible for accuracy of contact information provided. Prizes can be picked up at your local Rembrandt Charms authorized retailer.



BREATHE

SEASONS OF CHANGE

Everything has a season. What is yours at this time? Pause, inhale, and send yourself love. As you exhale, regard these leaves with childlike wonder. How might it feel to hold them in your palm? What scents come to mind? Like these leaves, phases in your life are meant to blossom and wither to make way for change. Inhale and exhale once more, and celebrate your life's current season.

—From MyLife,
a personalized
mindfulness app

Do More with Your Meals!



7 cooking functions in one appliance – including AirFry

Introducing a healthier way to fry, and so much more! The Cuisinart® AirFryer Toaster Oven is actually a premium full-size toaster oven with a built-in air fryer. That means it not only bakes, broils, and toasts, it also lets you air fry right inside the oven. Air frying, which uses powerful ultra-hot air and 98% less oil than deep-frying, is a healthier way to cook, allowing you to prepare delicious fried favorites, from wings and fritters to fries and shrimp, using little or no fat in the cooking process! Enjoy the crunch without the calories and messy cleanup, with the AirFryer Toaster Oven from Cuisinart!

Cuisinart®

Amazon • Macy's • Bed Bath and Beyond



Follow us @Cuisinart
cuisinart.com



Bio-Oil®



Helps Improve the Appearance of Scars, Stretch Marks and Uneven Skin Tone

Clinically proven and dermatologist recommended to help with the appearance of scars and stretchmarks, help maintain healthy looking skin, and help smooth uneven skin tones.

#LoveYourMarks